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taste of home

REAL FOOD FROM REAL HOME COOKS

DECEMBER/JANUARY 2011

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Cover photo: **Dan Roberts**
Set stylist: **Stephanie Marchese**
Food stylist: **Ronne Day**

"Gifts of time and love are surely the basic ingredients of a truly merry Christmas."
—PEG BRACKEN, *Author of 1960s humorous "I Hate to Cook Book"*

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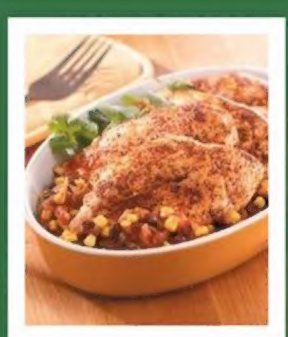
love & homemade recipes

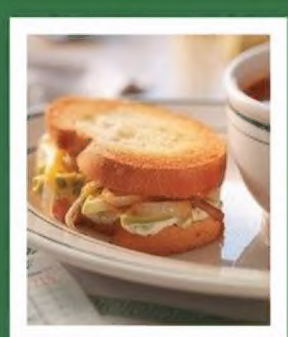
Wonder what goes on behind the scenes here at *Taste of Home*? Are you a foodie who loves reading about other home cooks' trials and triumphs? Then you'll love the new *Taste of Home* blog at **loveandhomemaderecipes.com**.

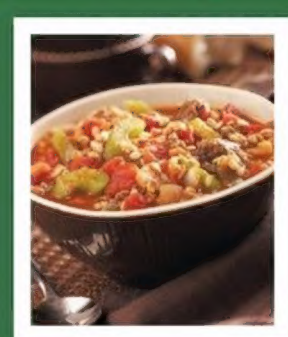
TOH blogger Sarah James shares cooking ideas and tells you how we put out the number one cooking magazine in the world. You'll almost be able to smell the food simmering in the test kitchen!

BONUS: START THE YEAR LIGHT

This bonus cookbook of incredible light entrees comes from the new edition of *The Taste of Home Cookbook*. You won't believe how good it can taste to eat right.







OUR SPECIAL COLLECTION OF RECIPES AND TIPS BEGINS ON PAGE 63

'Twas the night to remember.

CHOCOLATE MOUSSE TORTE

Prep Time: 20 min. (plus refrigeration) • Makes: 16 servings.

37 NILLA Wafers, divided
4 squares BAKER'S Semi-Sweet Chocolate, divided
2 pkg. (3.9 oz. each) JELL-O Chocolate Instant Pudding
2 cups plus 2 Tbsp. cold milk, divided
1 tub (8 oz.) COOL WHIP Whipped Topping, thawed, divided
1 pkg. (8 oz.) PHILADELPHIA Cream Cheese, softened
¼ cup sugar
¾ cup fresh raspberries

STAND 16 wafers around inside edge of 9-inch round pan lined with plastic wrap. Melt 3 chocolate squares as directed on package.

BEAT pudding mixes and 2 cups milk in medium bowl with whisk 2 min. Add melted chocolate; mix well. Stir in 1 cup COOL WHIP; pour into prepared pan.

BEAT cream cheese, sugar and remaining milk with mixer until well blended. Stir in 1 cup of the remaining COOL WHIP; spread over pudding. Top with remaining wafers. Refrigerate 3 hours. Meanwhile, shave remaining chocolate square into curls.

INVERT torte onto plate. Remove pan and plastic wrap. Top torte with remaining COOL WHIP, berries and chocolate curls.

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*Standard text messaging and other charges may apply. ©2010 Kraft Foods

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Find all your favorite holiday treats at **tasteofhome.com/christmas.** From breads to sweet rolls, there's a recipe for every good little boy and girl, plus appetizers and main dishes for your holiday feast, too!

Santa's Surprise Gingerbread Muffins

Pecan-Raisin Cinnamon Rolls

Cranberry Swirl Loaf

cookie countdown

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Download the newest Kids Coloring Book page and try the yummy recipe

A Gift for Two
Get recipes from this issue pared down for smaller households

A Cup of Cheer
Warm up your holiday celebrations with a traditional wassail punch

Holiday Joy
Create the perfect holiday menu with recipes, articles, videos and tips at **tasteofhome.com/holidays**

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More *is* Better!

Covering both December and January in one issue is tough. It's a study in opposites: There are no two months where menus are as drastically different. We work hard to make sure there's enough inspiration for impressive holiday dishes and good ideas to meet the slim-down goals that inevitably follow.

So I'm excited to say that you have in your hands **the most recipe-packed issue of *Taste of Home* magazine ever**! There's double the value—twice as many recipes, in fact—to give you everything you need for both December's indulgences and January's, well, work.

First, for December: How many ways can you say "holiday"? A bunch! Here are a few that catch my eye:

- Life's short, so start with dessert! Find dozens of mouthwatering choices, including sweet gifts to make (p. 114) and our incredible holiday dessert contest winners (p. 93).
- Throwing a bash? From casual to dress-up, we've got you covered with a bevy of finger foods, including the terrific appetizers from mother/daughter-in-law Field Editor team Awynne and Judie Thurstenson (p. 118), and the Asian-inspired bites on p. 32.
- I never get tired of Charles Dickens' *A Christmas Carol*. My parents had it on an album, and my brother, Jim, at age 9, played it continuously and memorized the entire recording. (Needless to say, we heard it a *lot*.) Let this classic be your Christmas dinner theme with the Dickens-inspired feast on p. 28.
- Looking to wow your family? Serve the impressive roast from our cover; you'll find the recipe and all the trimmings, beginning on p. 85.
- The American holiday experience is a melting pot of traditions from around the world. Our readers share some of the special dishes that reflect their own heritage, starting on p. 106.

And there's so much more! Now for January: I'm thrilled to present **"Start the Year Light," a bonus cookbook of 30-minute light entrees**. All the delicious recipes in this exclusive 22-page section are from the new third edition of *The Taste of Home Cookbook*. Throughout this special cookbook, you'll also find smart healthy-eating tips from the brand-new *Taste of Home Comfort Food Diet: Family Classics Collection*.

So here's to December's holiday feasting...and January's New Year's resolutions. With this giant issue of *Taste of Home*, you have all you need for double success!

Catherine

Catherine Cassidy, Editor in Chief

advertisement

DAZZLE YOUR HOLIDAY TABLE

with Ocean Spray® Cranberries

See how cooks like you went cranberry crazy in the Ultimate Cranberry Recipe Contest. Try these winning recipes and get creative yourself with the rich, versatile flavor of Ocean Spray® cranberries.

Dig into this issue to find more Ocean Spray® inspired holiday recipes.

CARAMELIZED CRANBERRY-MUSHROOM GALETTE

GRAND PRIZE: Merry Graham, Newhall, CA

INGREDIENTS

- 8 ounces Mascarpone cheese
- 1 tablespoon **Ocean Spray® Jellied Cranberry Sauce**
- 1 tablespoon orange marmalade
- 2 tablespoons sugar
- 1 cup chopped red onion
- 1 cup **Ocean Spray® Craisins® Original Dried Cranberries**
- 3/4 cup chopped fresh mushrooms
- 1 tablespoon olive oil
- 1/2 teaspoon lemon-pepper seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon smoked paprika
- 3 tablespoons **Ocean Spray® Cran-Tangerine® Cranberry Tangerine Juice Drink**
- 1 sheet frozen puff pastry, thawed
- 5 cooked bacon strips, crumbled
- 1/4 cup minced fresh basil

DIRECTIONS

Preheat oven to 400°. Combine cheese, cranberry sauce and marmalade in a small bowl. Chill until serving.

Cook sugar in a large skillet over medium-high heat for 1-2 minutes or until it begins to melt. Add onion; cook and stir 2 minutes longer.

Add dried cranberries, mushrooms, oil, lemon-pepper, salt and paprika. Cook for 2 minutes, stirring occasionally. Reduce heat. Add cranberry tangerine juice drink; cook until mushrooms are tender, about 4 minutes, stirring occasionally.

Unfold puff pastry on a greased baking sheet. Spread cranberry mixture to within 1-1/2 inches of edges; sprinkle with bacon. Bake for 20-25 minutes or until pastry is golden brown. Cool for 10 minutes. Sprinkle with basil. Cut into four pieces. Serve warm with topping.

Makes 4 servings.

ULTIMATE CRANBERRY RECIPE CONTEST FINALISTS

Roasted Cranberry Potato Salad

Gloria Piantek, West Lafayette, IN

Triple Cranberry Chicken Lettuce Wraps

Priscilla Yee, Concord, CA

Chipotle Corn and Cranberry Fritters

Roxanne Chan, Albany, CA

Get these and other great recipes at OceanSpray.com

WITH ALL THE WAYS TO ENJOY CRANBERRIES,

you're going to need a bigger recipe box.

©2010 Ocean Spray Cranberries, Inc.

Oatmeal Cranberry White Chocolate Chunk Cookies

INGREDIENTS

- 2/3 cup butter or margarine, softened
- 2/3 cup brown sugar
- 2 large eggs
- 1 1/2 cups old-fashioned oats
- 1 1/2 cups flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 6-ounce package Ocean Spray® Craisins® Original Dried Cranberries
- 2/3 cup white chocolate chunks or chips

DIRECTIONS

Preheat oven to 375°F. Using an electric mixer, beat butter or margarine and sugar together in a medium mixing bowl until light and fluffy. Add eggs, mixing well. Combine oats, flour, baking soda and salt in a separate mixing bowl. Add to butter mixture in several additions, mixing well after each addition. Stir in dried cranberries and white chocolate chunks.

Drop by rounded teaspoonfuls onto ungreased cookie sheets. Bake for 10-12 minutes or until golden brown. Cool on wire rack.

Makes approximately 2 1/2 dozen cookies.

THE "UNOFFICIAL" OFFICIAL FRUIT OF THE HOLIDAYS

For even more ways to enjoy cranberries, visit

OCEANSPRAY.COM

Field Editor *Spotlight*

Taste of Home's **enthusiastic team of volunteer editors from across the U.S. and Canada share recipes, cooking tips and more with our staff and online community**

What's one of your family's holiday traditions?

Nancy Ossinger DAWSON CREEK, BRITISH COLUMBIA

My favorite has to be our Boxing Day (December 26) tradition. Since I was a little girl, we have always had a popular Newfoundland dish called Chips, Dressing and Gravy alongside our leftover turkey from Christmas. It's actually French fries covered in a savory dressing and turkey gravy. It's on many restaurant menus in Newfoundland year-round. (**Editor's Note:** Traditionally, Boxing Day, which began in England, was the day to open the church alms box and give the contents to the poor.)

Nancy is a marriage and family therapist. She and husband David have three children, Jacob, 8; Julia, 5; and Samuel, 2. Nancy enjoys photography and scrapbooking.

Kay Rainwater FAYETTEVILLE, GEORGIA

Every Christmas Eve, my two daughters and I bake sugar cookies from scratch, using every kind of decoration possible. We've been doing this since they were old enough to help in the kitchen. After baking, we put our masterpieces on a special plate and admire them before setting out a plate for Santa with a glass of milk. It's a simple tradition, but Christmas wouldn't be the same without it.

Kay is a substitute nutritional assistant in the local school system. Her husband, Jeff, is retired from the U.S. Navy. Their daughters, Shelbie and Anna, are 19 and 14. Kay enjoys cake decorating, volunteer work, travel and exercise.

Kristin Van Dyken WEST RICHLAND, WASHINGTON

We have many traditions, but one of my favorites is making *Olie Bollen*, or Dutch doughnuts, with my mother-in-law and all my brothers- and sisters-in-law (there are 14 of us). We make a big batch for New Year's with bits of apple, raisins and other yummy ingredients inside, then sprinkle them with cinnamon and sugar. They are amazing! On the other side of my family, my mom, my children and I get together to make popcorn balls every year.

Kristin is a stay-at-home mom. Her husband, Harry, is a financial advisor. They have three children, Tyler, 6; Chris, 4; and Gentry, 2. Kristin loves to write and give voice lessons.

Join our team! Love to cook? Love *Taste of Home*? You might be interested in becoming one of our volunteer Field Editors. If you would like to be considered, please fill out the short application form at tasteofhome.com/apply

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DEAR JANE...

Since olden times, people have celebrated the holidays by following the traditions of their ancestors. One example is wassailing, where revelers went from house to house, singing carols and drinking a toast to the season.

We do a round-robin, or progressive dinner, every Christmas season with my husband's side of the family, traveling to three relatives' homes. The first host prepares soup and salad; the second serves the entree; and the third, dessert. (The caroling is optional.)

Food plays such a huge role in how we celebrate the holidays. And what better way to spend time with family than around the dinner table, enjoying something special you've prepared.

May the spirit of Christmas bring you happiness as you celebrate cherished traditions with your family and friends.

Do you have family customs you would like to share? Drop me a line at DearJane@tasteofhome.com

LOVE LETTER!

Each issue, one lucky reader will receive a *TOH* apron for sending in our favorite "love" letter of the month. Keri, your apron is on its way!

FOND MEMORIES

I LOVE, LOVE, LOVE the recipes and articles in each *Taste of Home*. I read it from cover to cover more than once! I also love my mother-in-law, who has subscribed to *TOH* for me as a gift for several years.

I was so excited to see the cute, never-seen-before cupcake monsters in the October/November issue. I'm going to make them with my grandchildren and preschool classes.

But what brought me to tears and thrilled me the most was the simple poem on page 89, "Dishwasher's Grace." This poem was painted on a small plaque above my grandmother's sink. Every time the plaque would get water stained and worn, someone would make her a new one. Every single child, grandchild and great-grandchild who helped do dishes in her kitchen—and there were many—had that poem memorized, and I'm sure we can all still recite it today.

My Grandma passed away a few years ago at age 93. When I get to missing her, I look through an album we gave her on her 80th birthday. On the last page, written on a paper plate, is the "Dishwasher's Grace." I shed a few tears today as I read your magazine and recalled the only place I liked doing dishes with a special grandma. Thanks.

—Keri Paddock
WASHINGTON, UTAH

OUR LITTLE MONSTERS

I could not resist sending pictures of my granddaughters, Bella, 5, and Kayleigh, 9, and their mom, Sharion, proudly exhibiting the Purple People Eater cupcakes from the October/November issue. (That's Bella at left.) When I showed the recipe to them, they immediately wanted to make the little monsters. I think they look as good as the professional ones. Thanks for a wonderful family project.

—Vivian Hamlin
SMYRNA, GEORGIA

TO SHARE OR NOT...

I made the Go Nuts! Coconut Caramels from the October/November issue, and oh, my goodness! They were so delicious. The best part? My husband and son don't like coconut, so I could eat them all. But I shared them with the girls at work instead. Thanks for all your hard work and for sharing these great recipes.

—Wendy Martin
SPRING, TEXAS

PRINTING PERFECTION

I was reading your October/November issue while eating my lunch, and I had the magazine next to my peanut butter and jelly on an English muffin. I turned to page 12 and started reading, when I realized that my fingers were sticky and I needed a napkin. So while my eyes were focused on the Field Editor Spotlight page, I grabbed the nearest napkin, which turned out to be the advertisement for Vanity Fair napkins! I had a great laugh.

Congratulations on the excellent printing quality of your magazine—that napkin truly looked real to me out of the corner of my eye!

When you started including advertisements, I was a little disappointed but understood why. Now I like them because they are informative and have lots of recipes in them, too. I read your magazine from cover to cover, including the advertisements. Thank you!

—Pam Stoneback
HARLEYSVILLE, PENNSYLVANIA

We welcome your comments & photos at editors@tasteofhome.com

MIXING BOWL

FOOD NEWS • TASTY NUGGETS • FUN NOTES

Fireside Chat

Grab a few friends and some hot drinks, then enjoy a comfy night at home

For an aromatic fire, try one of these easy options:

- Toss rosemary, cinnamon sticks, nutmeg or other fresh herbs or spices into your fire. They'll lightly scent the air (and the house).
- Use dried orange peels for kindling. The peels easily dry in the open air and, because of the oil in the peel, burn longer than paper. The peels create a wonderful aroma as they burn.
- Add incense to your fire, but have several sticks on hand—they burn quickly.

These products help get the fire burning and give it some pizzazz

- The Java-Log is a "green" fire log made of recycled coffee grounds. It emits up to 78 percent less carbon monoxide and 66 percent less creosote than wood fires. Just put the log in the fireplace, light the wrapper, sit back and enjoy. $3.50 for a 2-hour log at **pinemountainbrands.com.**
- Add some color to your fire with Rainbow Flame Sticks. Simply toss a stick into the roaring fire and take in the 30-minute show of colorful flames. The sticks also work great outdoors in campfires and fire pits. $1.88, available at Ace Hardware or **northlineexpress.com.**
- No fireplace? No worries, Casanova. Ambient Fire: The Ultimate Video Fireplace DVD features nine real wood-burning fires complete with music choices such as holiday and jazz. The DVD plays for 3 hours, so you have plenty of time to get comfortable. $14.95 at **firedvd.com.**

MIXING BOWL

STUFF WE LOVE!

An Ornamental Holiday

Looking for a pretty and fuss-free way to decorate holiday sugar cookies? Try this cookie stencil. You simply lay the plastic stencil over a cookie and brush frosting, icing or edible glitter on top. Then, peel off the stencil and admire your delicious handiwork. We love this filigree version, but also check out the snowflakes, Christmas trees and more! $13.50, available at **fancyflours.com**.

Waffles, No Waiting!

A Sunday morning with warm, fresh waffles is great, but not if deciding who gets the first waffle causes a food fight. With the Waring Pro Belgian Double Waffle Maker, you can make two fluffy, full-size Belgian waffles at a time. The rotating design allows the batter to seep into the 1-inch pockets evenly, creating restaurant-quality waffles at home. $99.99, available at retailers such as Crate and Barrel, or visit **waringproducts.com**.

It's Getting Hot in Here

TOH Food Editor Pat Schmeling swears by the Therma pen. "This is the best instant-read thermometer I've ever used," she says. "It takes away all doubt of whether or not the food is fully cooked. It's made me a better cook." She likes it so much, she bought one for all of her kids for Christmas (sorry to ruin the surprise). The infrared digital thermometer is cordless waterproof and incredibly accurate. And bright, vibrant colors like this make it a cinch to find in your gadget drawer. We think it's worth the splurge of $96. Available at **thermoworks.com**

ENTER OUR *HIDE & SEEK CONTEST*

Find the candy cane and you could win a $25 gift card from Snapware, the makers of food and home storage containers (see photo below).

Go to tasteofhome.com/contests to enter; 100 winners will be drawn from entries with the correct answer. Or mail a postcard with the page number and your name, address and phone number to Hide & Seek, *Taste of Home*, 5400 S. 60th St., Greendale, WI 53129. Names are drawn at random.

In our October/November issue, the turkey drumstick was found in the photo of Apple Nachos on page 34.

SNAPWARE AIRTIGHT CONTAINER

Survey Says. . .

We asked our Facebook fans, "What is the best kitchen gadget you've received as a gift?" The most popular answers were:

- **KitchenAid stand mixer**
- **Food processor**
- **Slow cooker**
- **Garlic press**
- **Cookie dough scoop**

Become a fan of *TOH* on Facebook and start sharing your opinions at **facebook.com/tasteofhome**

GIMME 5

Candy Cane Crush

Christmas wouldn't be complete without a box or two of candy canes in the pantry to hang on trees or dress up a cup of hot chocolate. But what do you do with the leftovers after the holidays are over? We asked our staff.

Every holiday season, my dad makes a delicious ice cream drink with vanilla ice cream and peppermint schnapps, and we sprinkle crushed candy canes on top.

—Erin Puariea
GENERAL MANAGER, *TASTE OF HOME* COOKING SCHOOLS

I make peppermint bark. Melt white candy coating, stir in crushed candy pieces, pour onto a baking sheet and let cool. Then, break up the bark into pieces. Easiest Christmas treat ever!

—Deb Mulvey
COPY CHIEF

I like to make stained glass sugar cookies. On a foil-lined cookie sheet, place cookie cut-outs. Cut holes in the center of each cookie, fill with crushed candy and bake. The candy melts and becomes clear pink.

—Dana Borremans
LAYOUT DESIGNER

Crush them and add them to the layers of a trifle. Then, garnish with pieces of candy cane.

—William Gentil
GRAPHIC ARTIST

I like to crush them and sprinkle over my homemade peppermint truffles. We also use them as place settings at the holiday dinner table.

—Alicia Bozewicz
ASSOCIATE FOOD EDITOR, *HEALTHY COOKING*

PLAY WITH YOUR FOOD

Cake Pops!

Popular food blogger Angie Dudley, aka Bakerella, is known online as the inventor of "Cake Pops," which is also the title of her just-released book. Cake pops are Bakerella's almost-too-cute-to-eat cake bites on a stick, made by mixing crumbled cake with canned frosting and shaping into balls. Our photo studio had tons of fun making her Rudolph Cake Pop, using pretzels for antlers, white candy confetti for eyes, edible markers to draw the face and a red peanut M&M for the nose.

"They're really easy to make," says Angie. "You only need cake, frosting, candy melts and lollipop sticks to create these charming little treats."

Follow Bakerella's confectionery adventures at **bakerella.com**. *Cake Pops* costs $19.95 at major bookstores or **amazon.com**.

HATS OFF

Father Knows Best

As a passionate 16-year-old baker, I'm always trying new things to wow my family and friends. So on Father's Day, I decided to make something I've never tried before, Boston cream pie cupcakes. The recipe was completely from scratch: the cupcakes, the pastry cream and the chocolate ganache.

I worked on the cupcakes for hours the night before and made the finishing touches in the morning. A feeling of pride came over me when my dad requested dessert immediately after dinner—he had seen the cupcakes in the fridge and couldn't wait to eat them. My family could not believe they were from scratch.

My dad thanked me and gave me a big hug. I felt my hard work paid off when I saw how happy he was. I had made his Father's Day just a bit more special.

—Krista Cirillo • YORKTOWN HEIGHTS, NEW YORK

Send your cooking triumph to **editors@tasteofhome.com** and put "Triumph" in the subject line. We'll award a *Taste of Home* chef's hat, handmade by *TOH* Field Editor Virginia Watson of Missouri, to one success story each issue. Congrats, Krista. Your chef's hat is on its way.

GIVEAWAY

Pasta Perfect

If you enjoy Italian food, we bet you'd love to own this nifty gift—and it could be yours, free! We'll award 50 lucky winners with the Giada DeLaurentiis for Target prize pack, including a three-piece mixing bowl set, slotted spoon, penne pasta, tomato-basil pasta sauce and Tuscan vinaigrette. To enter the drawing, go to **tasteofhome.com/target**.

GREAT FIND!

Tea Time

In Milwaukee, the place to be for afternoon tea during the holidays is the Pfister Hotel, says reader Marilyn Froemming of Germantown, Wisconsin. Every Christmas, she takes her daughters-in-law for holiday tea.

"It is so elegant and tasteful, and you have a view of the whole city," Marilyn says. "There's even a tea expert who explains about all the different teas."

This historic hotel, dating back to 1893, offers visitors a regal step back in time with a harpist, carolers and a beautifully decorated 18-foot Christmas tree. The menu offers traditional Victorian sandwiches, pastries and, of course, plenty of brewed teas.

Pfistful of Facts

The Pfister boasts the largest collection of Victorian art in any hotel worldwide.

Every president since William McKinley has stayed at the hotel.

The Pfister hosts an artist-in-residence program. The working art studio is open to hotel guests and visitors.

The hourlong afternoon teas are offered Friday through Sunday now through March 27, 2011. For more information, visit thepfisterhotel.com/afternoontea.

VISIT

Sip some tea at these stops across the country.

Enjoy a formal Old English holiday tea and a tour of a 1913 Frank Lloyd Wright-inspired home in Liberty, Missouri; annateashop.com.

Throughout December, The Gilbertsville Tea Room in Gilbertsville, Pennsylvania, hosts a variety of holiday teas for young and old, including a Gingerbread Tea for kids and a Candlelight Christmas Tea; thegilbertsvilletearoom.com.

The Palace Hotel in San Francisco is known for its afternoon tea, and its holiday tea in December is no different. It's held in the Garden Court, considered one of the most beautiful public spaces in the country; sfpalacerestaurants.com.

Who
Would You Bake Some
Love for?
Every Christmas Eve, my daughter and I bake cookies for Santa. One year, when she was about 6, my daughter let me know that Santa prefers Toll House® chocolate chip cookies. It's no coincidence that those are her favorite as well.
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REMODELED KITCHEN PRIZE WINNER

This family of cooks has a built-in designer who was able to please them all and win a prize in our Dream Kitchen Contest

If you're a kitchen designer by trade, remodeling your own kitchen should be a breeze, right? Not necessarily so, says designer Amber Jensen of Whispering Pines, North Carolina. "I was the toughest client I've ever had." She did 30 revisions of her original plan, in part because she had to satisfy four cooks.

"Cooking in our family is a team effort," she explains. "All four of us—me, my husband, Dave, and our two children, Jaleigh, 14, and Colten, 11—are usually in the kitchen at the same time. So it had to be a place where we could all gather. The togetherness during meal prep is just as important as the actual meal, when we sit down together to hear about one another's day." *(Continued on page 20)*

BAKING IS A TEAM EFFORT FOR THE JENSEN FAMILY OF NORTH CAROLINA. HERE, AMBER MAKES HOLIDAY COOKIES WITH HER KIDS, JALEIGH AND COLTEN.

AMBER AND DAVE JENSEN PLANNED THE REMODEL TO FIT THE NEEDS OF THEIR VERY BUSY LIFESTYLE.

That togetherness carried over into the kitchen remodel. The whole family helped out with the demolition. The kids hauled out debris, while Amber and Dave tore down a wall and removed the old, ailing appliances.

"It was important to have the kids help with the hard work, such as tearing off drywall and tile, and sweeping up the mess. It was good for them to see how much work goes into a major renovation, and they learned many skills in the process. They felt rewarded when they saw it all come together."

After the tear-out, the Jensens let the professionals come in and put the redesigned kitchen back together. The sleek, open look with warm, walnut cabinets and an oak hardwood floor appealed to our judges. And the efficiencies are every cook's dream.

One of Amber's favorites is the warming drawer. "I use it every day," she says. "It gives me the chance to cook a meal, set it in the warming drawer and run to get the kids from volleyball or football practice."

They also added a microwave drawer, an extra sink, convenient pull-out pantry cabinets and spice racks on the doors below the new cooktop. Quartz countertops with recycled glass accents complement the cabinets.

"I really love the open feel and how it brings everyone together in one big space," Amber says. "Not only is it beautiful, I also love the way it fits our lifestyle so perfectly."

MORE ONLINE For more photos, a floor plan and Amber's Broiled Steak Fajitas recipe, visit **tasteofhome.com/amber**

HAVE A GREAT KITCHEN?
We'd love to see what you've done with the place. Send photos, including one of your family, to **editors@tasteofhome.com**. If we feature your kitchen in the magazine, you'll receive $250.

A WINNING KITCHEN FIT FOR A FAMILY

"WHILE ONE OF US IS COOKING, THE OTHERS MIGHT BE DOING DISHES, MAKING A SALAD AND SETTING THE TABLE," AMBER SAYS.

DUAL SINKS "We have two large sinks with a dishwasher between them," says Amber. "It has been great for prep and cleanup."

UNDERCOVER APPLIANCES "Our microwave is a drawer that pulls out with a matching warming drawer below," she says.

CENTRAL ISLAND Hidden brackets make the raised quartz counter look like it's floating. It's ideal for serving and dining.

PULL-OUT PANTRY The tall cabinets, on either side of the refrigerator, hold canned goods, baking supplies and snacks.

advertisement

Make it. Try it. Vote!

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You choose the winner!

Pick from five finalists' recipes in the Chex® Recipe Contest by December 15th. With each vote, Chex® will make a $2.00 donation to Feeding America to help fight hunger — up to $25,000!*

Vote now at ChexRecipeContest.com

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- Katie Lee, bestselling cookbook author

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Chex Party Mix Recipe Contest

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ChexRecipeContest.com

Chex® PB and Chocolate Blast
ELIZA E., MANCHESTER, NH

SWEET

Chocolate Coffee Toffee Chex® Mix
RICHARD S., WATERFORD, CT

CHOCOLATE

Chex® Cajun Kick
KAREN F., TULSA, OK

SALTY

Chex® Honey Nut Cherry Crunch
DANIELLE M., SAN FRANCISCO, CA

GLUTEN FREE

Backyard BBQ Chex® Mix
TAMARA F., NAPERVILLE, IL

SAVORY

Chocolate Coffee Toffee Chex® Mix

RICHARD S., WATERFORD, CT

Start to Finish: 15 Minutes, 20 servings (1/2 cup each)

4 cups Chocolate Chex® cereal
2 cups Cinnamon Chex® cereal
1 cup bite-size pretzel twists
1 cup pecan halves
1/2 cup toffee bits
1 tablespoon instant coffee granules or crystals
1 teaspoon hot water
1 cup semisweet chocolate chips
1/4 cup butter or margarine
1 cup powdered sugar

1. In large bowl, mix cereals, pretzels and pecans. Sprinkle toffee bits on top of the cereal mixture.
2. In small microwavable bowl, stir coffee granules and water until coffee is dissolved. Add chocolate chips and butter. Microwave uncovered on High 1 1/2 minutes, stirring after 1 minute, until mixture is smooth. Pour over cereal mixture; stir until evenly coated. Pour into 2-gallon resealable food-storage plastic bag.
3. Add powdered sugar. Seal bag; shake gently until well coated. Spread on waxed paper or foil to cool. Store in airtight container.

1 serving: Calories 230 (Calories from Fat 100); Total Fat 11g (Saturated Fat 4.5g); Cholesterol 5mg; Sodium 135mg; Potassium 80mg; Total Carbohydrate 30g (Dietary Fiber 1g); Protein 2g; % Daily Value: Vitamin A 6%, Vitamin C 2%, Calcium 4%, Iron 20%, Vitamin D 4%, Folic Acid 20%; Exchanges: 1 Starch, 1 Other Carbohydrate, 2 Fat; Carbohydrate Choices: 2

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Chex® PB and Chocolate Blast

ELIZA E., MANCHESTER, NH

Start to Finish: 15 Minutes, 22 servings (1/2 cup each)

6 cups Rice Chex® cereal
1 cup white vanilla baking chips (6 oz)
1 cup peanut butter chips
1 cup candy-coated peanut butter candies
1 cup dry-roasted peanuts

1. Line 2 cookie sheets with foil or waxed paper. Place 3 cups cereal in large bowl. In small microwavable bowl, microwave white vanilla baking chips uncovered on High about 1 minute or until chips can be stirred smooth. Pour melted chips over cereal in bowl; stir to evenly coat. Spread mixture in single layer on one of the cookie sheets. Refrigerate 5 minutes or until set.
2. Repeat the above using the remaining cereal and the peanut butter chips; refrigerate 5 minutes or until set.
3. Gently break up coated cereal into large bowl. Add candy and peanuts; stir gently to combine. Store in airtight container.

1 serving: Calories 210 (Calories from Fat 100); Total Fat 11g (Saturated Fat 4g); Cholesterol 0mg; Sodium 180mg; Potassium 125mg; Total Carbohydrate 23g (Dietary Fiber 1g); Protein 5g; % Daily Value: Vitamin A 2%, Vitamin C 0%, Calcium 6%, Iron 15%, Vitamin D 2%, Folic Acid 20%; Exchanges: 1 Starch, 1/2 Other Carbohydrate, 2 Fat, Carbohydrate Choices: 1 1/2

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Chex PARTY MIX RECIPE CONTEST

Make it. Try it. Vote!

ChexRecipeContest.com

Backyard BBQ Chex® Mix

TAMARA F., NAPERVILLE, IL

Start to Finish: 15 Minutes, 28 servings (1/2 cup each)

5 cups Corn Chex® cereal
4 cups Wheat Chex® cereal
2 cups restaurant style Caesar croutons
1 cup dark rye chips
1 cup smoke flavored almonds
1/3 cup butter or margarine
2 tablespoons blue cheese dressing
1 tablespoon Worcestershire sauce
1 teaspoon liquid smoke
2 teaspoons onion powder
1 teaspoon garlic salt
1 teaspoon coarse ground black pepper

1. In large microwavable bowl, mix cereals, croutons, chips and almonds.
2. In 2-cup microwavable measuring cup, microwave butter uncovered for 40 seconds or until melted. Stir in dressing, Worcestershire sauce and liquid smoke. Pour over cereal mixture; stir until evenly coated. In small bowl, mix onion powder, garlic salt and pepper. Sprinkle over cereal mixture; toss to evenly coat.
3. Microwave uncovered on High for 5 to 6 minutes, stirring every 2 minutes. Spread on waxed paper or foil to cool. Store in airtight container.

1 serving: Calories 140 (Calories from Fat 60); Total Fat 7g (Saturated Fat 2g); Cholesterol 5mg; Sodium 260mg; Potassium 90mg; Total Carbohydrate 16g (Dietary Fiber 2g); Protein 3g; % Daily Value: Vitamin A 6%, Vitamin C 0%, Calcium 6%, Iron 25%, Vitamin D 2%, Folic Acid 30%; Exchanges: 1 Starch, 1 1/2 Fat; Carbohydrate Choices: 1

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Chex® Honey Nut Cherry Crunch

DANIELLE M., SAN FRANCISCO, CA

Start to Finish: 15 Minutes, 28 servings (1/2 cup each)

4 1/2 cups Honey Nut Chex® cereal
4 1/2 cups Rice Chex® cereal
2 cups whole cashews
1/4 cup packed brown sugar
1/4 cup butter or margarine
1/4 cup honey
1 teaspoon salt
1 cup dried cherries
1/4 cup toasted sesame seeds

1. In large microwavable bowl, mix cereal and cashews.
2. In 2-cup microwavable measuring cup, microwave brown sugar, butter and honey and salt uncovered on High about 1 1/2 minutes, stirring after 1 minute, until mixture comes to a boil. Stir butter mixture. Pour over cereal mixture; stir until evenly coated.
3. Microwave uncovered on High 4 minutes, stirring every minute. Stir in cherries and sesame seeds. Microwave an additional 3 minutes, stirring every minute. Spread on waxed paper or foil to cool. Store in airtight container.

1 serving: Calories 160 (Calories from Fat 60); Total Fat 6g (Saturated Fat 2g); Cholesterol 0mg; Sodium 190mg; Potassium 125mg; Total Carbohydrate 22g (Dietary Fiber 1g); Protein 2g; % Daily Value: Vitamin A 6%, Vitamin C 0%, Calcium 4%, Iron 25%, Vitamin D 0%, Folic Acid 20%; Exchanges 1 Starch, 1/2 Other Carbohydrate, 1 Fat, Carbohydrate Choices: 1 1/2

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Chex® Cajun Kick

KAREN F., TULSA, OK

Start to Finish: 15 Minutes, 24 servings (1/2 cup each)

2 cups Corn Chex® cereal
2 cups Rice Chex® cereal
2 cups Wheat Chex® cereal
2 cups bite-size pretzel twists
2 cups mixed nuts
1/3 cup butter or margarine
2 tablespoons Creole seasoning
1 teaspoon red pepper sauce

1. In large microwavable bowl, mix cereals, pretzels and nuts.
2. In 2-cup microwavable measuring cup, microwave butter uncovered on High about 40 seconds or until melted. Stir in Creole seasoning and pepper sauce. Pour over cereal mixture; stir until evenly coated.
3. Microwave uncovered on High 6 minutes, stirring every 2 minutes. Spread on waxed paper or foil to cool. Store in airtight container.

1 serving: Calories 150 (Calories from Fat 80); Total Fat 9g (Saturated Fat 2.5g); Cholesterol 5mg; Sodium 380mg; Potassium 100mg; Total Carbohydrate 14g (Dietary Fiber 2g); Protein 3g; % Daily Value: Vitamin A 4%, Vitamin C 0%, Calcium 4%, Iron 20%, Vitamin D 2%, Folic Acid 20%; Exchanges: 1 Starch, 1 1/2 Fat; Carbohydrate Choices: 1

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MUGS OF MARVELOUS

Cheers to cozy drinks that warm you up from the inside out

Bring friends and family in from the cold with steaming mugs of deliciousness they can wrap their frosty fingers around. These quick-to-fix beverages are toasty-warm and tasty on wintry days when visitors come to call.

hot buttered rum

"I received this recipe from a friend over 30 years ago, and I think of her every winter when I stir up a batch of this delightful mix. It keeps well in the freezer."

taste of home fieldeditor **Joyce Moynihan**
LAKEVILLE, MINNESOTA

PREP/TOTAL TIME: 15 MIN.
YIELD: 7 SERVINGS (3-1/2 CUPS MIX)

1 cup butter, softened
1/2 cup confectioners' sugar
1/2 cup packed brown sugar
2 cups vanilla ice cream, softened
1 tsp. ground cinnamon
1 tsp. ground nutmeg

EACH SERVING:
1/2 cup boiling water
1 to 3 Tbsp. rum

In a large bowl, cream butter and sugars until light and fluffy. Beat in the ice cream, cinnamon and nutmeg. Cover and store in the freezer.

For each serving, place 1/2 cup butter mixture in a mug; add boiling water and stir to dissolve. Stir in rum.

merry mulled cider

"When our children were younger, I always made warm cider for Christmas Eve. This herbal version was a favorite. The kids are grown, but my husband and I still enjoy a mug or two during the holidays for old times' sake."

taste of home fieldeditor **Sue Gronholz**
BEAVER DAM, WISCONSIN

PREP/TOTAL TIME: 25 MIN.
YIELD: 8 SERVINGS (2 QT.)

7 cups apple cider or juice
1 cup cranberry juice
2 Tbsp. brown sugar
1 cinnamon stick (3 in.)
1 fresh rosemary sprig
2/3 cup orange juice

In a Dutch oven, bring the apple cider, cranberry juice, brown sugar, cinnamon and rosemary to a boil. Reduce heat; cover and simmer for 10-15 minutes or until flavors are blended.

Discard cinnamon and rosemary; stir in orange juice. Serve warm.

homemade irish cream

Add some creamy goodness to your cup of joe with a splash of this alcohol-free version of the Irish favorite.

Marcia Severson
HALLOCK, MINNESOTA

PREP/TOTAL TIME: 10 MIN.
YIELD: 3-1/3 CUPS

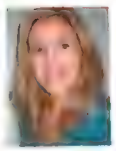
1 can (12 oz.) evaporated milk
1 cup heavy whipping cream
1/2 cup 2% milk
1/4 cup sugar
2 Tbsp. chocolate syrup
1 Tbsp. instant coffee granules
2 tsp. vanilla extract
1/4 tsp. almond extract

EACH SERVING:
1/2 cup brewed coffee

In a blender, combine the first eight ingredients; cover and process until smooth. Store in the refrigerator. For each serving, place coffee in a mug. Stir in 1/3 cup Irish cream. Heat mixture in a microwave if desired.

Editor's Note: *Irish whiskey may be added to this recipe if desired.*

hot malted chocolate



There's nothing better on a cold day than a steaming mug of rich hot chocolate. Malted milk powder adds a nice touch to this yummy version.

taste of home fieldeditor **Christy Meinecke**
MANSFIELD, TEXAS

PREP/TOTAL TIME: 20 MIN.
YIELD: 5 SERVINGS

4 cups 2% milk
1 cup heavy whipping cream
1/2 cup sugar
1 cup milk chocolate chips
1/3 cup malted milk powder
2 tsp. vanilla extract

In a large saucepan, heat milk over medium heat until bubbles form around sides of pan.

Meanwhile, in a small bowl, beat cream until it begins to thicken. Add sugar; beat until soft peaks form.

Whisk chocolate chips and milk powder into milk until chocolate is melted. Remove from the heat; whisk in vanilla. Pour into mugs. Spoon whipped cream over the top.

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Warm Cranberry Wassail

INGREDIENTS
1 64-ounce bottle Ocean Spray® Cranberry Juice Cocktail
2 1/2 cups apple juice
1/4 cup sugar, optional
3 3-inch cinnamon sticks
1 teaspoon whole allspice
1/2 teaspoon ground nutmeg
Orange slices, garnish
Whole cloves, garnish

DIRECTIONS
Combine all ingredients, except garnishes, in a large saucepan. Heat to boiling, reduce heat and simmer 10 minutes. Strain punch to remove spices. Place in a heat proof punch bowl. Garnish with orange slices studded with cloves, if desired.

Makes 14 6-ounce servings.

Ocean Spray

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A DICKENS OF A CHRISTMAS

Add a touch of old-fashioned whimsy to your holiday spread, compliments of Charles Dickens

For many, Dickens' *A Christmas Carol* is as much a part of the holiday as *The Night Before Christmas*. Published in December 1843, the book was an immediate success, and it continues to inspire our celebrations today. As the tale of Ebenezer Scrooge, Bob Cratchit and Tiny Tim proves, there's magic in this season. So why not bring a little of it to your table? With this Dickens-era menu, you can dine like the Cratchits—with modern-day comforts, of course!

CHARLES DICKENS' PREFACE TO A CHRISTMAS CAROL

I have endeavoured in this Ghostly little book, to raise the Ghost of an Idea, which shall not put my readers out of humour with themselves, with each other, with the season, or with me. May it haunt their houses pleasantly, and no one wish to lay it.

Their faithful Friend and Servant, C.D.
December, 1843

christmas goose with orange glaze

Steeped in tradition and rich with flavor, a holiday goose is an impressive centerpiece to your meal. The delicious aroma and tangy orange sauce makes this a bird even Scrooge would love.

Terri Draper
COLUMBUS, MONTANA

PREP: 15 MIN. BAKE: 2-3/4 HOURS + STANDING
YIELD: 10 SERVINGS

1 domestic goose (10 to 12 lbs.)
1 tsp. salt
1/2 tsp. rubbed sage
1/4 tsp. pepper
6 small navel oranges, divided
1/3 cup light corn syrup
2 Tbsp. sugar

Sprinkle goose with salt, sage and pepper; prick skin well with a fork. Cut three oranges into quarters; place in goose cavity. Tuck wings under goose; tie drumsticks together. Place breast side up on a rack in a roasting pan.

Bake, uncovered, at 350° for 2-3/4 to 3-1/4 hours or until a meat thermometer reads 180°. (Cover loosely with foil if goose browns too quickly). If necessary, drain fat from pan as it accumulates.

Cut peel from remaining oranges into long thin strips; cut oranges into sections, discarding membranes. Set aside.

Place goose on a serving platter; cover and let stand for 15 minutes. Meanwhile, in a small skillet over medium heat, cook and stir corn syrup and sugar until sugar is dissolved. Stir in orange sections and peel; heat through.

Brush glaze over goose. Spoon orange peel and sections around goose.

zesty winter vegetables

This quintessential English side dish adds a little zip to the meal. Its creamy horseradish sauce is sure to keep "bah humbugs" at bay.

Lisa Leaper-Shuck
WORTHINGTON, OHIO

PREP: 30 MIN. COOK: 10 MIN.
YIELD: 9 SERVINGS

1-1/4 lbs. pearl onions
1-1/2 lbs. fresh brussels sprouts
2 tsp. all-purpose flour
1/8 tsp. ground allspice
3/4 cup heavy whipping cream
3 Tbsp. prepared horseradish
3 Tbsp. butter
1-1/4 tsp. minced fresh thyme or 1/2 tsp. dried thyme

In a large saucepan, bring 6 cups water to a boil. Add onions; boil for 3 minutes. Drain and rinse in cold water; peel.

Meanwhile, cut brussels sprouts in half. In a large skillet, bring 1/2 in. of water to a boil. Add brussels sprouts; cover and cook for 5-8 minutes or until crisp-tender. Drain. In a small bowl, combine the flour, allspice, cream and horseradish.

In the same skillet, melt butter over medium heat. Add the vegetables, cream mixture and thyme. Cook and stir until cream mixture is thickened and vegetables are tender.

ZESTY WINTER VEGETABLES

TINY TIM'S PLUM PUDDING

DID YOU KNOW?

- Charles Dickens began writing *A Christmas Carol* in October 1843 and completed it 6 weeks later, in December of that same year.
- Few families in Victorian England owned an oven. Like the Cratchits, they would bring their goose or turkey to the local baker who would cook it for a small fee.
- Bob Cratchit would have paid 7 shillings for the goose, 5 for the pudding and 3 shillings for the onions, oranges and sage. (In the 1800s, a shilling was worth about 40 cents.) Today, the cost of these items would be about $58.

tiny tim's plum pudding

"In A Christmas Carol, everyone claps for plum pudding. Our family has made this pudding our own tradition, and it really is something to clap for."

Ruthanne Karel
HUDSONVILLE, MICHIGAN

PREP: 30 MIN. COOK: 2 HOURS
YIELD: 12 SERVINGS (1-1/2 CUPS HARD SAUCE)

1/2 cup butter, softened
3/4 cup packed brown sugar
3 eggs
3/4 cup dry bread crumbs
1/2 cup all-purpose flour
1 tsp. ground cinnamon
1/2 tsp. baking soda
1/2 tsp. ground nutmeg
1/4 tsp. salt
1/4 tsp. ground cloves
2 cans (15 oz. each) plums drained, pitted and chopped
1-3/4 cups chopped dates
1 cup golden raisins
1 cup shredded carrots
1/2 cup dried currants
1 Tbsp. grated orange peel

HARD SAUCE:
1/2 cup butter, softened
3 cups confectioners' sugar
1/4 cup dark rum or orange juice

In a large bowl, cream butter and brown sugar until light and fluffy. Beat in eggs. Combine the bread crumbs, flour, cinnamon, baking soda, nutmeg, salt and cloves; gradually beat into the creamed mixture. Fold in the plums, dates, raisins, carrots, currants and orange peel.

Pour into a well-greased 8-cup pudding mold, metal gelatin mold or ovenproof bowl; cover tightly. Place on a rack in a stockpot; add 3 in. of hot water to pot. Bring to a gentle boil; cover and steam for 2 to 2-1/2 hours or until a toothpick inserted near the center comes out clean, adding water as needed. Let stand for 5 minutes before unmolding.

In a small bowl, beat the butter, confectioners' sugar and rum until smooth. Unmold pudding onto a serving plate; cut into wedges. Serve warm with sauce.

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VIDEO CONTEST: NO PURCHASE NECESSARY TO ENTER OR WIN. Open to legal residents of the 50 United States and the District of Columbia, 18 years or older at time of entry. Go to MyCrescentWow.com to enter. Subject to additional rules and restrictions contained in the Official Contest Rules available at MyCrescentWow.com. Total prize ARV $1,000. Void in PR and where prohibited. Contest entry ends December 31, 2010. Sponsored by Reader's Digest

old-fashioned fruit compote

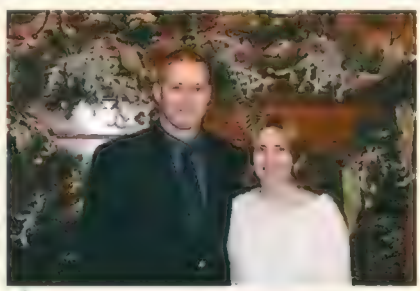
A perfect partner for your Christmas goose, this warm and fruity side dish can simmer while you prepare the rest of the menu, or you can make it a day ahead and reheat before serving.

taste of home field editor **Shirley Glaab**
HATTIESBURG, MISSISSIPPI

PREP: 15 MIN. COOK: 1 HOUR
YIELD: 8 CUPS

1 can (20 oz.) pineapple chunks, undrained
1 pkg. (18 oz.) pitted dried plums
1 can (15-1/4 oz.) sliced peaches, undrained
1 can (11 oz.) mandarin oranges, undrained
1 jar (10 oz.) maraschino cherries, drained
1 pkg. (6 oz.) dried apricots
2 pkg. (3-1/2 oz. each) dried blueberries
1/2 cup golden raisins
4 lemon peel strips
1 cinnamon stick (3 in.)

In a Dutch oven, combine all ingredients. Bring to a boil. Reduce heat; cover and simmer for 50-60 minutes or until fruit is tender. Serve warm or at room temperature.



WHAT IN THE DICKENS?

Field Editor Peggie Brott of Fort Polk, Louisiana (above, with husband Andrew), shares this toast she picked up at a Dickens Christmas party.

The Spirits had shown Ebenezer
that it was wrong to cheat and steal.
But I say the spirits were mistaken.

We must cheat!
We must steal!
We must drink!

We must cheat death!
We must steal time to be with
loved ones!
And we must drink in the happiness
and warmth of this holiday season!

MORE ONLINE

A warm glass of wassail would complete this classic Christmas dinner in style. Take your pick at **tasteofhome.com/wassail**

advertisement

Rachael Hutchings
from Corona, CA, serves up
SIMPLY STYLISH SWEETS

"These RASPBERRY NAPOLEONS are elegant and delicious, the perfect finish to any holiday menu. And they only take 25 minutes to make!"

Cindy Orley
from Peninsula, OH, dishes up a
DELIGHTFULLY DELICIOUS DESSERT

"In just minutes, you can prepare these decadent CHOCOLATE CHEESECAKE BARS for your friends and family."

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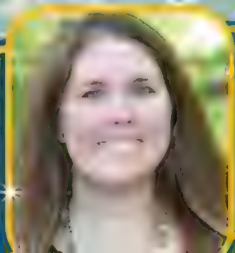
Margaret Noble
from Denver, CO, entertains with
PERFECTLY BALANCED BITES

"Your holiday guests will keep coming back for more when they bite into these warm, flaky APPLE-ROSEMARY BLUE CHEESE BITES."



Jennifer Houck Spink
from Cary, NC, creates
CRISP & CREAMY CONFECTIONS

"My SWEET CHEESE DELIGHTS are an easy-to-make addition to your holiday brunch or cocktail party buffet."

ASIAN ACCENTS

These finger foods showcase the tantalizing tastes of the Far East

With its range of exotic flavors, the popularity of Asian cuisine is easy to understand. Ingredients range from spicy wasabi, ginger and red chili paste to subtler cilantro and lime. Some items, such as soy sauce and sesame seeds, have become pantry staples, others are readily available at grocery stores. So it's easier than ever to serve guests these quick-to-fix appetizers.

STEAMED PORK AND SHRIMP DUMPLINGS
THAI PORK SALAD WRAPS

thai pork salad wraps

"You can substitute ground beef or chicken in the filling of these tasty lettuce wraps, seasoned with lime and cilantro."

taste of home fieldeditor **Diane Hixon** NICEVILLE, FLORIDA

PREP: 20 MIN. COOK 15 MIN.
YIELD: 8 SERVINGS

3/4 lb. ground pork
2 Tbsp. dry bread crumbs
1/2 cup minced fresh cilantro
1/2 cup minced fresh mint
2 green onions, chopped
1/4 cup lime juice
4 tsp. fish or soy sauce
1/8 tsp. cayenne pepper
8 Bibb lettuce leaves
1-1/2 cups finely shredded cabbage

In a small skillet over medium heat, cook pork until no longer pink; drain. Stir in bread crumbs. Stir in the cilantro, mint, onions, lime juice, fish sauce and cayenne.

Top each lettuce leaf with 3 Tbsp. each of pork mixture and cabbage. Roll up.

creamy wasabi spread

Cut 8 oz. **cream cheese** horizontally and spread cut halves with 1/4 cup **prepared wasabi**. Press two cream cheese halves together and coat top with 2 Tbsp. **toasted sesame seeds**. Drizzle with **soy sauce**; serve with **rice crackers**.

Tammie Balon BOYCE, VIRGINIA

steamed pork and shrimp dumplings

"These delicious dumplings are perfect finger food. Pick them up by the tail, dunk them in dipping sauce and enjoy! We often serve them when family and friends come over for a movie night or as part of a dim sum dinner."

Steve Niederloh
CHAMPLIN, MINNESOTA

PREP: 40 MIN. COOK: 10 MIN./BATCH
YIELD: 52 DUMPLINGS

1 lb. boneless pork loin chops, cut up
1/2 lb. uncooked medium shrimp, peeled and deveined
10 whole water chestnuts
2 Tbsp. cornstarch
1 green onion, chopped
2 Tbsp. rice vinegar
1 tsp. minced fresh gingerroot
1 Tbsp. sesame oil
1 Tbsp. sherry or chicken broth
1 Tbsp. reduced-sodium soy sauce
1 pkg. (12 oz.) wonton wrappers
12 romaine leaves

DIPPING SAUCE:
1/4 cup reduced-sodium soy sauce
1-1/2 tsp. finely chopped green onion
1/2 tsp. sesame oil

Place the first 10 ingredients in a food processor; cover and process until finely chopped.

Place 2 tsp. pork mixture in the center of a wonton wrapper. (Keep remaining wrappers covered with a damp paper towel until ready to use.) Moisten edges with water. Bring corners of wonton wrapper over filling and twist to form a bundle; pinch edges to seal. Repeat.

Line a steamer basket with three lettuce leaves. Arrange a fourth of the dumplings 1 in. apart over lettuce; place in a large saucepan over 1 in. of water. Bring to a boil; cover and steam for 10-12 minutes or until a meat thermometer reads 160°. Discard lettuce. Repeat.

Combine the sauce ingredients; serve with hot dumplings.

Nutrition Facts: 1 dumpling with about 1/4 tsp. sauce equals 40 calories, 1 g fat (trace saturated fat), 10 mg cholesterol, 103 mg sodium, 4 g carbohydrate, trace fiber, 3 g protein.

phyllo shrimp with dipping sauces

"I created this appetizer when I had some leftover phyllo dough. It's elegant but easy. I serve two sauces, so guests can decide if they're in a sweet or spicy mood!"

Sonali Ruder
NEW YORK

PREP/TOTAL TIME: 30 MIN.
YIELD: 1 DOZEN

12 uncooked large shrimp
1/8 tsp. salt
1/8 tsp. pepper
6 sheets phyllo dough (14 in. x 9 in.)
2 Tbsp. butter, melted
3 Tbsp. canola oil

SWEET CILANTRO LIME SAUCE:
2 Tbsp. lime juice
2 Tbsp. honey
2 Tbsp. minced fresh cilantro
1 Tbsp. reduced-sodium soy sauce
1 tsp. sesame oil
1 garlic clove, minced
Dash crushed red pepper flakes

SPICY MAYONNAISE:
2 Tbsp. mayonnaise
2 tsp. Thai red chili paste

Peel and devein shrimp, leaving tails on. Sprinkle with salt and pepper. Stack six sheets of phyllo dough on a work surface; brush top sheet with butter. Cut into 12 strips from long side.

Place one shrimp on each strip; roll up. In a large skillet over medium heat, cook shrimp in oil for 2-3 minutes on each side or until shrimp turn pink.

In a small bowl, whisk cilantro lime sauce ingredients. In another bowl, combine mayonnaise and chili paste. Serve sauces with shrimp.

asian meatballs

"My mom creates her own recipes for wonderful Asian-inspired menus, so I came up with these pork sausage meatballs and dipping sauce to complement her meals."

Amanda Kotlan
SPOKANE, WASHINGTON

PREP: 30 MIN. BAKE: 15 MIN.
YIELD: 2 DOZEN (1/3 CUP SAUCE)

2 green onions, finely chopped
1 tsp. butter
1 egg, beaten
3 Tbsp. soy sauce
1/2 cup dry bread crumbs
1/4 cup finely chopped water chestnuts
3 garlic cloves, minced
1 Tbsp. minced fresh gingerroot
1 lb. bulk pork sausage
1 Tbsp. sesame seeds, toasted

SAUCE:
1/3 cup mayonnaise
1 Tbsp. rice vinegar
1-1/2 tsp. prepared wasabi

In a small skillet, saute onions in butter until tender. Transfer to a large bowl. Add the egg, soy sauce, bread crumbs, water chestnuts, garlic and ginger. Crumble sausage over mixture and mix well.

Shape into 1-in. balls. Place on an ungreased broiler pan. Bake at 350° for 15-20 minutes or until no longer pink; drain. Sprinkle with sesame seeds.

Combine the mayonnaise, rice vinegar and wasabi; serve with meatballs.

MORE ONLINE

For more snacks that are sure to satisfy, visit tasteofhome.com/appetizers

DOUGH-re-mi

The versatility and convenience of frozen bread dough will be music to your ears

A drum roll, please, for the amazing...the fabulous...frozen bread dough! Available in loaves and dinner rolls, this popular convenience item is right in tune with your busy lifestyle. Keep it waiting in the freezer to make entertaining a snap. Simply thaw, roll and bake into sweet rolls for breakfast, savory sandwiches for lunch or crowd-pleasing pizzas for dinner. During the hectic holiday season, you'll be singing the praises of these easy recipes.

chicken swiss bundles

"These yummy sandwich buns, made with frozen dinner rolls, are a favorite at our house. They're great hot from the oven but also freeze well. I serve them with tomato soup, and they disappear."

taste of home fieldeditor **Trisha Kruse**
EAGLE, IDAHO

PREP: 30 MIN. BAKE: 20 MIN.
YIELD: 12 SERVINGS

1 small onion, finely chopped
1/2 cup sliced fresh mushrooms
1-1/2 tsp. butter
1 garlic clove, minced
1 cup cubed cooked chicken breast
1/2 cup chopped roasted sweet red peppers
1 Tbsp. honey mustard
1/4 tsp. salt
1/4 tsp. lemon-pepper seasoning
1/4 tsp. Italian seasoning
2 cups (8 oz.) shredded Swiss cheese
12 frozen bread dough dinner rolls, thawed
2 Tbsp. butter, melted

In a large skillet, saute onion and mushrooms in butter until tender. Add garlic; cook 1 minute longer. Add the chicken, peppers, mustard and seasonings; heat through. Remove from the heat; stir in cheese.

Flatten each roll into a 5-in. circle. Place 1/4 cup chicken mixture in the center of six circles. Brush edges with water; top with remaining circles. Press edges with a fork to seal.

Place on greased baking sheets; brush with butter. Bake at 350° for 18-22 minutes or until golden brown. Cut bundles in half to serve.

Nutrition Facts: 1/2 chicken bundle equals 214 calories, 9 g fat (5 g saturated fat), 32 mg cholesterol, 375 mg sodium, 21 g carbohydrate, 1 g fiber, 12 g protein.
Diabetic Exchanges: 2 lean meat, 1 starch, 1 fat.

Place 1/4 cup chicken mixture on a flattened dinner roll. Lightly brush edges with water.

Place another flattened roll over the filling. Press edges with a fork to seal.

black-and-blue pizzas

"Gooey with cheese and loaded with flavorful toppings, these pizzas are rich and filling. Just add a mixed green salad for a complete meal."

Michelle Huelskamp
MARION, NORTH CAROLINA

PREP: 40 MIN. BAKE: 15 MIN.
YIELD: 2 PIZZAS (12 PIECES EACH)

2 loaves (1 lb. each) frozen bread dough, thawed

8 bacon strips, chopped

1 lb. boneless skinless chicken breasts, cut into strips

5 tsp. blackened seasoning

3 shallots, finely chopped

2 garlic cloves, minced

1 jar (15 oz.) Alfredo sauce

2-1/2 cups sliced fresh shiitake mushrooms

1 can (3.8 oz.) sliced ripe olives, drained

1/2 cup finely chopped sun-dried tomatoes (not packed in oil)

1-1/4 cups (5 oz.) crumbled blue cheese

3 Tbsp. minced fresh basil or 3 tsp. dried basil

2 Tbsp. minced fresh thyme or 2 tsp. dried thyme

12 slices provolone cheese

3 oz. Parmesan cheese, shaved into strips or 3/4 cup grated Parmesan cheese

Roll dough into two 16-in. x 10-in. rectangles; transfer to ungreased baking sheets and build up edges slightly.

In a large skillet, cook bacon over medium heat until crisp. Remove to paper towels with a slotted spoon; drain, reserving 2 Tbsp. drippings. Sprinkle chicken with blackened seasoning; cook chicken in the drippings until no longer pink. Add shallots and garlic; cook 1 minute longer. Set aside.

Spread sauce over crusts; top with chicken mixture, bacon, mushrooms, olives and tomatoes. Sprinkle with blue cheese, basil and thyme; top with provolone and Parmesan cheeses.

Bake at 450° for 14-18 minutes or until bubbly and cheese is melted.

MORE POTLUCK ON PAGE 36

Ocean Spray

A TASTY TART THAT'S SURE TO PLEASE

Perfect for any celebration, this elegant appetizer is super simple to make with pre-made pie crust.

Cranberry Gorgonzola Appetizer Tart

INGREDIENTS
1 refrigerated pie crust (from 15-ounce package), room temperature
8 ounce package cream cheese, softened
1/2 cup crumbled gorgonzola cheese, room temperature
2 tablespoons milk
1 large egg, lightly beaten
2/3 cup **Ocean Spray® Craisins® Original Dried Cranberries**
2 tablespoons chopped green onions
2 tablespoons chopped pecans

DIRECTIONS
Heat oven to 450°F. Prepare pie crust as directed on package for one-crust baked shell using a 9-inch tart pan with removable bottom. Trim excess pie crust even with top of pan. Bake 9–11 minutes or until light brown. Cool 10 minutes. Reduce oven temperature to 375°F. Combine cream cheese and gorgonzola in a medium mixing bowl; beat with electric mixer on medium speed until blended. Beat in milk and egg until well mixed. Gently stir in dried cranberries and green onions. Spread mixture in baked tart shell; sprinkle with pecans. Bake for 20–25 minutes or until filling is set. Let stand 30 minutes before serving. Cut into wedges. If desired, garnish with additional green onions. Store covered in refrigerator.

Ocean Spray

Makes 12 servings.

For even more ways to enjoy cranberries, visit www.OCEANSPRAY.COM

easy molasses sticky buns

Your family will jump out of bed when they smell these sticky rolls with a rich molasses sauce baking in the oven. The tender treats look as delicious as they taste!

taste of home fieldeditor **Nancy Foust**
STONEBORO, PENNSYLVANIA

PREP: 20 MIN. + RISING BAKE: 25 MIN.
YIELD: 1 DOZEN

2 loaves (16 oz. each) frozen bread dough, thawed
1/3 cup butter, softened
1/2 cup sugar
1-1/2 tsp. ground cinnamon

MOLASSES SAUCE:
1 cup packed brown sugar
1/2 cup butter, cubed
1/2 cup water
1/4 cup molasses

Roll out each loaf of bread dough into a 10-in. square. Spread with butter to within 1/2 in. of edges. Combine sugar and cinnamon; sprinkle over butter. Roll up jelly-roll style; pinch seams to seal. Cut each loaf into six slices.

For sauce, in a small saucepan, bring the brown sugar, butter, water and molasses to a boil. Pour into a greased 13-in. x 9-in. baking dish. Place rolls, cut side down, in molasses sauce.

Cover and let rise in a warm place until doubled, about 30 minutes. Bake at 350° for 25-30 minutes or until golden brown. Cool in dish for 5 minutes; invert onto a serving platter. Serve warm.

fontina ham stromboli

"Pesto seasons these savory meat- and cheese-stuffed slices that my family and friends love. The loaves freeze well—baked or unbaked."

taste of home fieldeditor **Nancy Piano**
NEVADA CITY, CALIFORNIA

PREP: 40 MIN. BAKE: 30 MIN.
YIELD: 2 LOAVES (8 SERVINGS EACH)

1 large onion, chopped
1 Tbsp. olive oil
1 garlic clove, minced
2 loaves (1 lb. each) frozen bread dough, thawed
1/2 cup prepared pesto, divided
2 tsp. dried basil
1/2 lb. sliced deli ham
1/2 lb. thinly sliced prosciutto or additional deli ham
1/2 lb. sliced fontina cheese
1/4 cup grated Parmesan cheese

In a large skillet, saute onion in oil until tender. Add garlic; cook 1 minute longer. Cool completely.

On two greased baking sheets, roll each loaf of dough into a 16-in. x 10-in. rectangle. Spread each with 2 Tbsp. pesto; sprinkle with onion mixture and basil. Arrange the ham, prosciutto and fontina cheese over each rectangle to within 1/2 in. of edges.

Roll up jelly-roll style, starting with a long side; pinch seams to seal and tuck ends under.

Brush with remaining pesto and sprinkle with Parmesan cheese. Bake at 350° for 30-35 minutes or until golden brown. Cool for 5 minutes before slicing.

MORE ONLINE

The gang's all here! Search our huge collection of potluck recipes at **tasteofhome.com/potluck**

COOK SMART

EASY MEAL SOLUTIONS FROM OUR READERS & THE *TOH* TEST KITCHEN

Paper Trail

Follow our handy guide for getting the most from kitchen papers, wraps and foil

Plastic Wrap Best for covering puddings and custards to prevent a "skin" from forming and for keeping food fresh. WORK IT: Wrap an open container of ice cream to prevent ice crystals from forming. (Do not use plastic wrap in the microwave; see wax paper.)

Aluminum Foil Best for grilling or for use in the oven. WORK IT: To soften brown sugar, wrap it tightly in foil and bake at 300° for 5 minutes. Also, you can roll aluminum foil into a cone shape and use it as a funnel.

Wax Paper Great for covering food in the microwave to prevent spattering. WORK IT: Line the bottoms of cake or loaf pans with the paper for easy removal of baked goods.

Parchment Best for lining baking sheets. WORK IT: Bake seafood and vegetables in parchment for easy cleanup. (Don't confuse parchment with office parchment paper.)

MORE ONLINE

For more handy tips for using these products, visit tastesmithhome.com/paper

DISH UP DELISH

Does holiday planning have you frazzled? Make life a little less hectic with one of these tasty meals-in-a-bowl. They're on the table in 30 minutes or less

BLT salad

Mary Sigfusson
MANKATO, MINNESOTA

Cook 2 cups **spiral pasta** according to package directions; drain. Cook and crumble 1 lb. **bacon**. Add 1 large seeded **chopped tomato** and 1/2 cup **ranch salad dressing**; toss with pasta. Combine with 3 cups torn **romaine** before serving. SERVES 6.

southwest turkey soup

Genise Krause
STURGEON BAY, WISCONSIN

In a Dutch oven, brown 1 lb. **ground turkey** in 1 Tbsp. **olive oil**; drain. Add 2 cans rinsed and drained **kidney beans**, 2 cans (14 oz. each) **chicken broth**, 2 cups **frozen corn**, 1 cup **salsa**, 1 can (4 oz.) **chopped green chilies** and 1 Tbsp. **chili powder**. Bring to a boil; cover and simmer for 10 min. Serve the soup topped with **sour cream** and **fresh cilantro**. SERVES 6.

chicken and asian slaw

Melissa Jelinek
MENOMONEE FALLS, WISCONSIN

Combine 2 cups each cubed **fresh pineapple**, sliced **bok choy** and **shredded red cabbage**; toss with 1/3 cup **sesame ginger salad dressing**; refrigerate. Brush 1/4 cup sesame ginger salad dressing over 4 **boneless skinless chicken breasts** (4 oz. each); broil for 4-5 min. on each side or until a meat thermometer reads 170°. Slice chicken and arrange over slaw. Serve immediately. SERVES 4.

presto beef stew

Karla Johnson
EAST HELENA, MONTANA

Bake 2 individually **frozen biscuits** according to package directions. Cook 2 cups **sliced mushrooms** in 2 Tbsp. **butter** until tender. Shred 1 package (17 oz.) **refrigerated beef roast au jus** and add to mushrooms. Stir in 1/4 tsp. **pepper**. Combine 2 Tbsp. **cornstarch** with 1 cup cold **water**; add to beef mixture. Bring to a boil; cook until thickened. Serve with biscuits. SERVES 2.

easy sausage & ravioli

Misty Williams
GRAIN VALLEY, MISSOURI

Cook 1 bag (25 oz.) **frozen cheese ravioli** according to package directions; drain. In a saucepan, combine 2 cups **spaghetti sauce**, 3/4 cup cubed **process cheese** and 1/4 tsp. each **garlic powder** and **pepper**. Thinly slice 3 cooked **Italian sausages**; add sausage and ravioli to the sauce. SERVES 4.

MORE ONLINE

For other speedy dinner options, ready in half an hour or less, visit **tasteofhome.com/30**

EGG BURRITO TO SAUSAGE AND EGG BURRITO IN 1.5 SECONDS

A HEARTIER BREAKFAST IS QUICKER AND EASIER
WITH JIMMY DEAN FULLY COOKED SAUSAGE CRUMBLES.

Shine On

KNEAD A HAND?

These South Dakota baker boys rise to the occasion in Grandma's kitchen

Who can resist the goodness of freshly baked yeast rolls still warm from the oven?

Not Tayden and Parker Mathis of Winner, South Dakota. They know a method that makes the rolls even better: baking them from scratch with a little help from Grandma.

The boys enjoy going to Grandma Wilma Harter's house in nearby Witten, where they've whipped up pizza, cookies, pasta and more.

"They love getting their hands in things, and mixing and tasting," Wilma says.

While the boys say they like everything they have ever made with their grandma, they especially enjoy kneading, poking and punching down the dough for these delicious Easy Yeast Rolls.

"They wondered how something so sticky could turn into something that tastes so good," Wilma says about the first time they helped her with the rolls. Since then, the three of them have made the recipe several times.

"We like watching the dough rise. It's really sticky," says Tayden, 6, shown below left with younger brother Parker, 3.

Before baking, the boys sometimes top the rolls with butter, cinnamon and sugar. "And then we eat them right out of the oven," says Parker.

MORE ONLINE For this issue's coloring book page, visit tasteofhome.com/kids

easy yeast rolls

These tender rolls bake to a golden brown and will disappear in no time. If you've never baked with yeast, this recipe makes a perfect starting point.

Wilma Harter
WITTEN, SOUTH DAKOTA

PREP: 45 MIN. + RISING BAKE: 15 MIN. + COOLING
YIELD: 4 DOZEN

2 pkg. (1/4 oz. each) active dry yeast
2 cups warm water (110° to 115°)
1/2 cup sugar
1 egg
1/4 cup canola oil
2 tsp. salt
6 to 6-1/2 cups all-purpose flour

In a large bowl, dissolve yeast in warm water. Add the sugar, egg, oil, salt and 4 cups flour. Beat until smooth. Stir in enough remaining flour to form a firm dough.

Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 1 hour.

Punch dough down; turn onto a lightly floured surface. Divide into four portions. Shape each portion into 12 balls. To form knots, roll each ball into an 8-in. rope; tie into a knot. Tuck ends under. Place rolls 2 in. apart on greased baking sheets. Cover and let rise until doubled, about 30 minutes.

Bake at 350° for 15-20 minutes or until golden brown. Remove from pans to wire racks to cool.

Nutrition Facts: 1 roll equals 78 calories, 1 g fat (trace saturated fat), 4 mg cholesterol, 100 mg sodium, 14 g carbohydrate, trace fiber, 2 g protein. **Diabetic Exchange:** 1 starch.

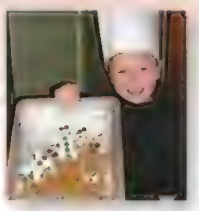
Got a kid who cooks?

We're looking for kid-friendly recipes you make together, from healthy snacks to dinner and dessert. Send to **editors@tasteofhome.com**. Please put "Kids in the Kitchen" in the subject line.

Kellen Schneider
Age 2
BLACKFOOT, IDAHO

Taylor Kee
Age 8
UNION, MISSOURI

Brooke Vesentin
Age 4
ANCASTER, ONTARIO



Kyle Bigelow
Age 5
IRON RIVER, MICHIGAN

Nothing brings 'em together like a holiday tree.

WILMA'S HOLIDAY TREE

Active time: 10 minutes excluding assembly and decorating

1/4 cup (1/2 stick) butter or margarine (not spread)
1 pkg. (10-1/2 oz.) Miniature Marshmallows (6 cups)
1 pkg. (11 oz.) POST Fruity or Cocoa PEBBLES Cereal
1 container (16 oz.) ready-to-spread vanilla flavored frosting

SPRAY 13x9-inch pan with cooking spray.
MELT butter over low heat in large saucepan. Add marshmallows, stirring until completely melted. Add cereal; mix to coat well.
PRESS mixture firmly and evenly into prepared pan. Cool 1 hour in cool dry place. Using cookie cutters or star cutouts, carefully cut 2 of each size for a total of 10 stars. (Kids, ask an adult to help you.)
SPREAD 1/2 of frosting on tray to resemble snow. Use remaining frosting to attach stars, stacking largest to smallest and rotating points of stars to make a tree. Decorate as desired. Makes 1 tree.

For more delicious recipes, visit www.postcereals.com/recipes

CELEBRATE GOOD-FOR-YOU FLAVORS

Special-occasion dishes can be tempting and trimmed down. These reader favorites prove it

apricot-glazed turkey breast

Basted with a simple glaze, this wonderfully moist and tender turkey bakes to a lovely golden brown. Make it the centerpiece of your holiday table; guests will be glad you did.

Greg Fontenot
THE WOODLANDS, TEXAS

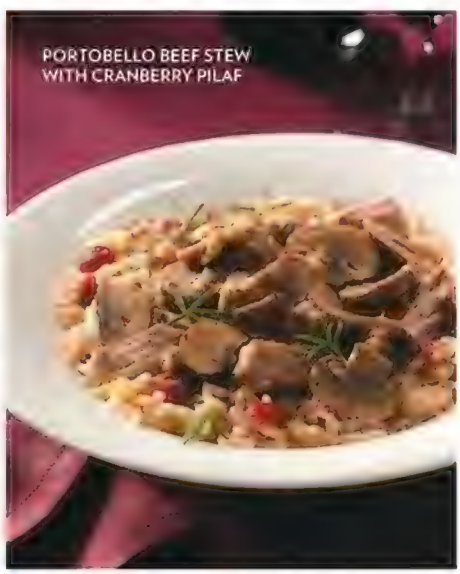
PREP: 10 MIN. BAKE: 1-1/2 HOURS + STANDING
YIELD: 15 SERVINGS

1/2 cup apricot preserves
1/4 cup balsamic vinegar
1/4 tsp. pepper
Dash salt
1 bone-in turkey breast (5 lbs.)

Combine the preserves, vinegar, pepper and salt. Place turkey breast on a rack in a large shallow roasting pan.

Bake, uncovered, at 325° for 1-1/2 to 2 hours or until a meat thermometer reads 170°, basting every 30 minutes with apricot mixture. (Cover loosely with foil if turkey browns too quickly.) Cover and let stand for 15 minutes before slicing.

Nutrition Facts: about 3 oz. cooked turkey equals 156 calories, 1 g fat (trace saturated fat), 78 mg cholesterol, 64 mg sodium, 8 g carbohydrate, trace fiber, 28 g protein.
Diabetic Exchanges: 4 lean meat, 1/2 starch.



portobello beef stew with cranberry pilaf

"For effortless entertaining, try this hearty stew. You can make it hours ahead, so you have plenty of time to get ready for your party."

Rebecca Ames
WYLIE, TEXAS

PREP: 25 MIN. COOK: 2-3/4 HOURS
YIELD: 6 SERVINGS

1/4 cup all-purpose flour
2 garlic cloves, minced
1/2 tsp. salt
1/2 tsp. coarsely ground pepper
1 lb. beef stew meat
1 Tbsp. canola oil
1 lb. sliced baby portobello mushrooms
1 cup white wine
1 cup reduced-sodium beef broth
1 tsp. dried thyme
1 tsp. dried rosemary, crushed
2 Tbsp. cornstarch
2 Tbsp. water

PILAF:
1/3 cup chopped onion
1/3 cup chopped celery
1 Tbsp. butter
1 cup uncooked long grain rice
1/3 cup dried cranberries
2 cups reduced-sodium beef broth

In a large resealable plastic bag, combine the flour, garlic, salt and pepper. Add beef, a few pieces at a time, and shake to coat.

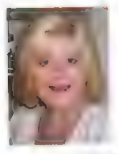
In a Dutch oven, brown beef in oil in batches. Remove and set aside. Add mushrooms to pan; saute until tender. Return beef to pan. Add the wine, broth, thyme and rosemary, stirring to loosen browned bits from pan. Bring to a boil.

Reduce heat; cover and simmer for 2-1/2 to 3 hours or until beef is tender. Combine cornstarch and water until smooth; gradually stir into stew. Bring to a boil; cook and stir for 2 minutes or until slightly thickened.

Meanwhile, in a large saucepan, saute onion and celery in butter until tender. Add rice and cranberries; cook and stir for 3-4 minutes or until rice is lightly browned. Add the broth. Bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until rice is tender. Fluff with a fork. Serve with stew.

Nutrition Facts: 3/4 cup stew with 1/2 cup rice equals 330 calories, 10 g fat (3 g saturated fat), 55 mg cholesterol, 324 mg sodium, 39 g carbohydrate, 2 g fiber, 20 g protein. **Diabetic Exchanges:** 2-1/2 starch, 2 lean meat, 1 fat.

shrimp & tortellini in tomato cream



"This shrimp and pasta combination is one of my husband's favorites. It's healthy, and he doesn't even know it. It's also easy to halve the recipe for two."

Mary Kay LaBrie
CLERMONT, FLORIDA

PREP: 20 MIN. COOK: 30 MIN.
YIELD: 4 SERVINGS

1 pkg. (9 oz.) refrigerated cheese tortellini
1 lb. uncooked medium shrimp, peeled and deveined
1 Tbsp. olive oil, divided
2 tsp. grated lemon peel
1/4 tsp. pepper, divided
Dash crushed red pepper flakes
2 shallots, chopped
2 garlic cloves, minced
2 cans (14-1/2 oz. each) no-salt-added diced tomatoes, undrained
1 bottle (8 oz.) clam juice
1/2 cup white wine
2 Tbsp. balsamic vinegar
4 fresh thyme sprigs
1/4 cup grated Parmesan and Romano cheese blend
1/4 cup half-and-half cream
10 fresh basil leaves, thinly sliced
2 Tbsp. minced chives
Shredded Parmesan cheese and minced fresh parsley, optional

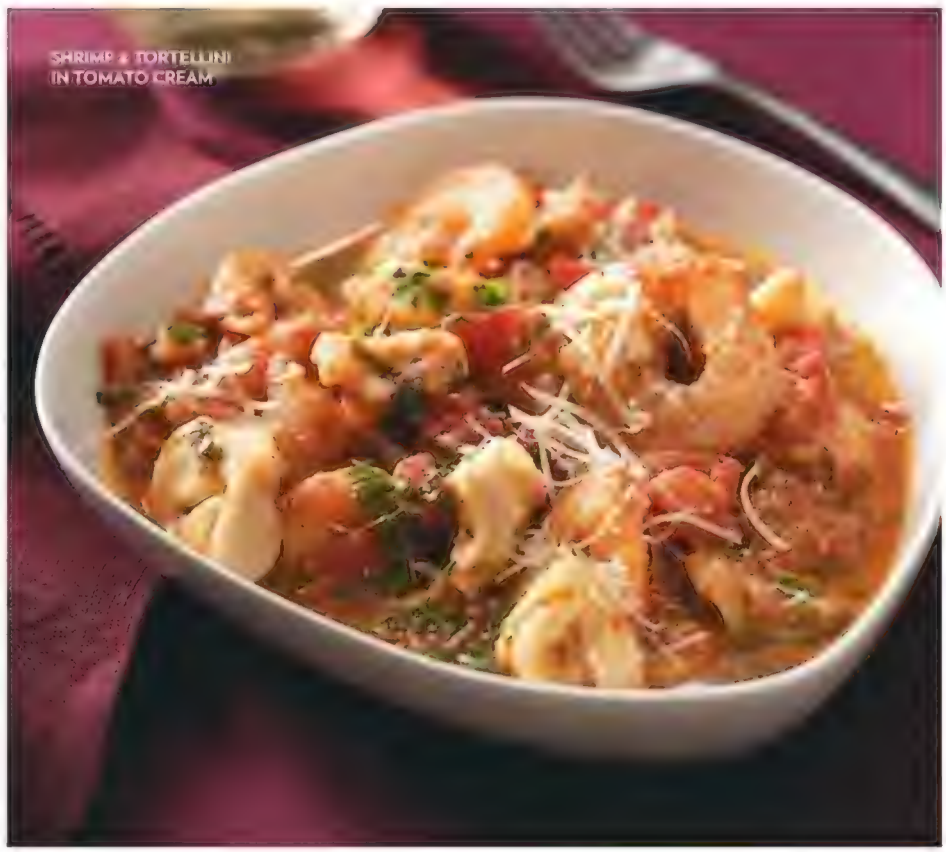
Cook tortellini according to package directions. Meanwhile, in a nonstick skillet, cook shrimp in 2 tsp. oil until shrimp turn pink. Stir in lemon peel, 1/8 tsp. pepper and pepper flakes. Remove and keep warm.

In the same skillet, cook shallots in remaining oil over low heat for 10-15 minutes or until golden brown, stirring occasionally. Add garlic; cook 1 minute longer.

Add the tomatoes, clam juice, wine, vinegar, thyme and remaining pepper. Bring to a boil; cook until liquid is reduced by half, about 10 minutes. Remove from the heat; discard thyme sprigs. Stir in the cheese, cream, basil, chives and shrimp.

Drain tortellini; stir into shrimp mixture. Sprinkle with shredded cheese and parsley if desired.

Nutrition Facts: 1-1/2 cups (calculated without shredded cheese) equals 449 calories, 14 g fat (6 g saturated fat), 182 mg cholesterol, 723 mg sodium, 46 g carbohydrate, 5 g fiber, 33 g protein. **Diabetic Exchanges:** 4 lean meat, 2 starch, 2 vegetable, 1 fat.



KNOW MORE ABOUT
COPD
SO YOU CAN
DO MORE FOR IT

HAVE YOU EXPERIENCED ANY OF THE FOLLOWING?

- ◯ episodes when your COPD symptoms become markedly worse
- ◯ the need for antibiotics
- ◯ the need for oral steroids
- ◯ COPD symptoms requiring unexpected hospitalization
- ◯ worsening symptoms lasting for days, even weeks

If you answered "yes" to any of these, you may have experienced what's known as an EXACERBATION.

For people with COPD who have had an exacerbation, ADVAIR may help reduce the number of exacerbations and significantly improve lung function for better breathing* day to day.

ADVAIR contains two medicines — an anti-inflammatory† and a long-acting bronchodilator — that work together to help you breathe better. Talk to your doctor about how you could be doing more to treat your COPD with ADVAIR. To learn more, visit ADVAIR.com or call 866-467-3624. Your results may vary.

Important Safety Information

- ADVAIR DISKUS 250/50 is approved for adults with COPD, including chronic bronchitis, emphysema, or both. You should only take 1 inhalation of ADVAIR twice a day. Higher doses will not provide additional benefits.
- Do not use ADVAIR to treat sudden, severe symptoms of COPD. Always have a rescue inhaler medicine with you to treat sudden symptoms. Do not use ADVAIR DISKUS if you have a severe allergy to milk proteins. Ask your doctor if you are not sure. Do not use ADVAIR with long-acting $beta_2$-agonists for any reason.
- People with COPD taking ADVAIR may have a higher chance of pneumonia. Call your doctor if you notice any of the following symptoms: change in amount or color of sputum, fever, chills, increased cough, or increased breathing problems.
- ADVAIR may increase your risk of osteoporosis and some eye problems (cataracts or glaucoma). You should have regular eye exams. Thrush in the mouth and throat may occur.
- Tell your doctor about the medicines you take and about all of your medical conditions. Some people may experience increased blood pressure, heart rate, changes in heart rhythm, or chest pain with ADVAIR.

*Measured by a breathing test in people taking ADVAIR 250/50, compared with people taking either fluticasone propionate 250 mcg or salmeterol 50 mcg. †It is not known how anti-inflammatories work in COPD.

Please see additional Important Safety Information about ADVAIR DISKUS on the next page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

If you smoke and want to quit, you can learn more at way2quit.com

ADVAIR DISKUS® 250/50
(fluticasone propionate 250 mcg and salmeterol 50 mcg inhalation powder)

GlaxoSmithKline

GSK to you

If you don't have prescription coverage and can't afford your medicines, visit GSKforYou.com or call 1-866-GSK-FOR-U (1-866-475-3678)

ADVAIR DISKUS®

(fluticasone propionate and salmeterol inhalation powder) BRIEF SUMMARY

This summary does not take the place of talking to your healthcare provider about your medical condition or treatment. See full Prescribing Information for complete product information.

What is the most important information I should know about ADVAIR DISKUS?

ADVAIR DISKUS can cause serious side effects, including:

1. **People with asthma who take long-acting beta$_2$-adrenergic agonist (LABA) medicines, such as salmeterol (one of the medicines in ADVAIR DISKUS), have an increased risk of death from asthma problems.** It is not known whether fluticasone propionate, the other medicine in ADVAIR DISKUS, reduces the risk of death from asthma problems seen with salmeterol.
   - **Call your healthcare provider if breathing problems worsen over time while using ADVAIR DISKUS.** You may need different treatment.
   - **Get emergency medical care if:**
     - breathing problems worsen quickly and
     - you use your rescue inhaler medicine, but it does not relieve your breathing problems.
2. ADVAIR DISKUS should be used only if your healthcare provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as inhaled corticosteroids.
3. When your asthma is well controlled, your healthcare provider may tell you to stop taking ADVAIR DISKUS. Your healthcare provider will decide if you can stop ADVAIR DISKUS without loss of asthma control. Your healthcare provider may prescribe a different asthma control medicine for you, such as an inhaled corticosteroid.
4. Children and adolescents who take LABA medicines may have an increased risk of being hospitalized for asthma problems.

What is ADVAIR DISKUS?

- ADVAIR DISKUS combines an inhaled corticosteroid medicine, fluticasone propionate (the same medicine found in FLOVENT®), and a LABA medicine, salmeterol (the same medicine found in SEREVENT®).
  - Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms.
  - LABA medicines are used in people with asthma and chronic obstructive pulmonary disease (COPD). LABA medicines help the muscles around the airways in your lungs stay relaxed to prevent symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles around the airways tighten. This makes it hard to breathe. In severe cases, wheezing can stop your breathing and cause death if not treated right away.
- ADVAIR DISKUS is used for asthma and COPD as follows:

Asthma

ADVAIR DISKUS is used to control symptoms of asthma and to prevent symptoms such as wheezing in adults and children aged 4 years and older.

ADVAIR DISKUS contains salmeterol (the same medicine found in SEREVENT). LABA medicines, such as salmeterol, increase the risk of death from asthma problems.

ADVAIR DISKUS is not for adults and children with asthma who:

- are well controlled with another asthma control medicine, such as a low to medium dose of an inhaled corticosteroid medicine
- have sudden asthma symptoms.

COPD

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. ADVAIR DISKUS 250/50 is used long term, 2 times each day to help improve lung function for better breathing in adults with COPD. ADVAIR DISKUS 250/50 has been shown to decrease the number of flare-ups and worsening of COPD symptoms (exacerbations).

Who should not use ADVAIR DISKUS?

Do not use ADVAIR DISKUS:

- to treat sudden, severe symptoms of asthma or COPD
- if you have a severe allergy to milk proteins. Ask your doctor if you are not sure.

What should I tell my healthcare provider before using ADVAIR DISKUS?

Tell your healthcare provider about all of your health conditions, including if you:

- **have heart problems**
- **have high blood pressure**
- **have seizures**
- **have thyroid problems**
- **have diabetes**
- **have liver problems**
- **have osteoporosis**
- **have an immune system problem**
- **are pregnant or planning to become pregnant.** It is not known if ADVAIR DISKUS may harm your unborn baby.
- **are breastfeeding.** It is not known if ADVAIR DISKUS passes into your milk and if it can harm your baby.
- **are allergic to any of the ingredients in ADVAIR DISKUS, any other medicines, or food products**
- **are exposed to chickenpox or measles**

Tell your healthcare provider about all the medicines you take including prescription and non-prescription medicines, vitamins, and herbal supplements. ADVAIR DISKUS and certain other medicines may interact with each other. This may cause serious side effects. Especially, tell your healthcare provider if you take ritonavir. The anti-HIV medicines NORVIR® (ritonavir capsules) Soft Gelatin, NORVIR (ritonavir oral solution), and KALETRA® (lopinavir/ritonavir) Tablets contain ritonavir.

Know the medicines you take. Keep a list and show it to your healthcare provider and pharmacist each time you get a new medicine.

How do I use ADVAIR DISKUS?

Do not use ADVAIR DISKUS unless your healthcare provider has taught you and you understand everything. Ask your healthcare provider or pharmacist if you have any questions.

- Children should use ADVAIR DISKUS with an adult's help, as instructed by the child's healthcare provider.
- Use ADVAIR DISKUS exactly as prescribed. **Do not use ADVAIR DISKUS more often than prescribed.** ADVAIR DISKUS comes in 3 strengths. Your healthcare provider has prescribed the one that is best for your condition.
- The usual dosage of ADVAIR DISKUS is 1 inhalation 2 times each day (morning and evening). The 2 doses should be about 12 hours apart. Rinse your mouth with water after using ADVAIR DISKUS.
- If you take more ADVAIR DISKUS than your doctor has prescribed, get medical help right away if you have any unusual symptoms, such as worsening shortness of breath, chest pain, increased heart rate, or shakiness.
- If you miss a dose of ADVAIR DISKUS, just skip that dose. Take your next dose at your usual time. Do not take 2 doses at one time.
- Do not use a spacer device with ADVAIR DISKUS.
- Do not breathe into ADVAIR DISKUS.
- **While you are using ADVAIR DISKUS 2 times each day, do not use other medicines that contain a LABA for any reason.** Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines.
- Do not stop using ADVAIR DISKUS or other asthma medicines unless told to do so by your healthcare provider because your symptoms might get worse. Your healthcare provider will change your medicines as needed.
- ADVAIR DISKUS does not relieve sudden symptoms. Always have a rescue inhaler medicine with you to treat sudden symptoms. If you do not have an inhaled, short-acting bronchodilator, call your healthcare provider to have one prescribed for you.

Call your healthcare provider or get medical care right away if:

- your breathing problems worsen with ADVAIR DISKUS
- you need to use your rescue inhaler medicine more often than usual
- your rescue inhaler medicine does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your rescue inhaler medicine for 2 or more days in a row
- you use 1 whole canister of your rescue inhaler medicine in 8 weeks' time
- your peak flow meter results decrease. Your healthcare provider will tell you the numbers that are right for you.
- you have asthma and your symptoms do not improve after using ADVAIR DISKUS regularly for 1 week

What are the possible side effects with ADVAIR DISKUS?

- **ADVAIR DISKUS can cause serious side effects, including:**
- **See "What is the most important information I should know about ADVAIR DISKUS?"**
- **serious allergic reactions.** Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction:
  - rash
  - hives
  - swelling of the face, mouth, and tongue
  - breathing problems
- **sudden breathing problems immediately after inhaling your medicine**
- **effects on heart**
  - increased blood pressure
  - a fast and irregular heartbeat
  - chest pain
- **effects on nervous system**
  - tremor
  - nervousness
- **reduced adrenal function (may result in loss of energy)**
- **changes in blood (sugar, potassium, certain types of white blood cells)**
- **weakened immune system and a higher chance of infections**
- **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
- **eye problems including glaucoma and cataracts.** You should have regular eye exams while using ADVAIR DISKUS.
- **slowed growth in children.** A child's growth should be checked often.
- **pneumonia.** People with COPD have a higher chance of getting pneumonia. ADVAIR DISKUS may increase the chance of getting pneumonia. Call your healthcare provider if you notice any of the following symptoms:
  - increase in mucus (sputum) production
  - change in mucus color
  - fever
  - chills
  - increased cough
  - increased breathing problems

Common side effects of ADVAIR DISKUS include:

Asthma:

- upper respiratory tract infection
- throat irritation
- hoarseness and voice changes
- thrush in the mouth and throat
- bronchitis
- cough
- headache
- nausea and vomiting

COPD:

- thrush in the mouth and throat
- throat irritation
- hoarseness and voice changes
- viral respiratory infections
- headache
- muscle and bone pain

In children with asthma, infections in the ear, nose, and throat are common.

Tell your healthcare provider about any side effect that bothers you or that does not go away.

These are not all the side effects with ADVAIR DISKUS. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Ask your healthcare provider or pharmacist for additional information about ADVAIR DISKUS. You can also contact the company that makes ADVAIR DISKUS (toll free) at 1-888-825-5249 or at www.advair.com.

GlaxoSmithKline
Research Triangle Park, NC 27709
ADD:8BRS June 2010

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AD5411R0 July 2010

THE LOWDOWN ON SALT

Think you're doing a good job of monitoring your salt intake? You might be surprised

Maybe you've stopped using the salt shaker at the table, or started buying reduced-sodium crackers at the store. And you think that you've got your salt intake under control.

These measures might not be enough, even if you aren't on a salt-restricted diet. Though many people are trying to eat more healthfully these days, the U.S. Centers for Disease Control and Prevention says the average American still consumes about 3,466 mg of sodium a day—a lot more than the 2,300 mg the federal guidelines recommend. And the 2010 revised guidelines recommend lowering that number to 1,500 mg.

Is that achievable? A recent CDC survey estimated that more than three-fourths of the sodium in our diets comes from processed and restaurant foods, including frozen dinners, lunch meats, salad dressing and even granola bars. So reducing Americans' sodium intake is no easy task.

The good news is some people *are* hitting the 1,500 mg target, which has been the guideline for at-risk adults, such as those with hypertension. They can thank, in part, the DASH Diet, which is comprised of whole foods, including fruits, vegetables, whole grains and low-fat dairy products as well as a small amount of animal protein. If you're concerned about your salt intake, talk to your doctor about trying this sodium-reducing diet plan.

BLACK IS THE NEW BROWN

While many people are just now making the switch from white rice to the more nutritious brown rice, there's a new kid on the block that could be even healthier: black rice. Black rice bran is rich in antioxidants, which can help fight heart disease, cancer and other conditions.

Chewier and more intense than the brown variety, black rice can be found at grocery stores such as Whole Foods. Because the health benefits lie in the bran, make sure to select whole-grain varieties.

POMEGRANATE POWER

When it comes to antioxidant content, the juice of this reddish-pink fruit wins high marks. One study at the University of California, Los Angeles, ranked pomegranate juice higher than nine other beverages, including grape juice and tea. It's also a good source of potassium. Although more research is needed, scientists say the juice might ease the pain of osteoarthritis and have a role in cancer prevention.

Pomegranate's edible seeds are also beneficial. Loaded with antioxidants, fiber and vitamin C, they can be sprinkled on salads, mixed with yogurt or jam, or used as an ice cream topping.

But, like grapefruit, pomegranate can interact with certain medications, so check with your doctor before using.

Low-Cal Cake

Scientists with the U.S. Department of Agriculture are having their cake and eating it, too. They're working on a way to reduce the fat and calories in cake mixes. The key ingredient is called Fantesk, microdroplets of trans fat-free cooking oil that are encapsulated in cornstarch or wheat flour. Experiments show that when a mix contains Fantesk, cooking oil doesn't have to be added. Plus, the cakes come out of the oven with better texture and a higher volume.

WRAPPED IN TRADITION

Making tamales is a yuletide custom for families of Mexican heritage. Our test kitchen's Marie Parker, left, shows you how to join in the fu

Bring a little *Feliz Navidad* into your home this holiday season with a flavorful Mexican tradition. Tamales are a celebratory food served during the Christmas season and other special occasions. While they're a treat to eat, the art of preparing them is just as special. Friends and family come together for *tamaladas*, a party-like gathering centered around preparing and feasting on these savory stuffed delicacies cooked in corn husks.

Our recipe features a scrumptious chicken filling, but tamale fillings vary. Fillings can include roasted peppers, shredded pork, vegetables, cheese and more. No matter how you fill them, tamales will make a festive addition to your celebration.

CHICKEN TAMALES RECIPE ON PAGE 51

1 Whip dough (masa) until light and fluffy. It should be very thick and well combined.

2 Properly beaten dough will float when dropped into cold water.

3 Pat dough to within 1-in. of edges of each corn husk. Top with chicken mixture and olives.

4 Roll corn husk around the filling. Fold top and bottom edges under; tie with kitchen string.

5 Arrange tied tamales in an upright position in a steamer basket.

DID YOU KNOW?

Masa harina, Spanish for "dough flour," is the traditional flour used to make tortillas, tamales and other Mexican dishes. Although it is made from ground corn, masa harina is not like cornmeal. You cannot substitute one for the other in recipes.

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chicken tamales

"I love making tamales. They're a little more time-consuming but worth the effort. I usually make them for Christmas, but my family demands them more often."

Cindy Pruitt
GROVE, OKLAHOMA

PREP: 2-1/2 HOURS + SOAKING COOK: 45 MIN.
YIELD: 10 SERVINGS

20 dried corn husks

1 broiler/fryer chicken (3 to 4 pounds), cut up

3 quarts water

1 medium onion, quartered

2 teaspoons salt

1 garlic clove, crushed

DOUGH:

1 cup shortening

3 cups masa harina

CHICKEN CHILI FILLING:

6 tablespoons canola oil

6 tablespoons all-purpose flour

3/4 cup chili powder

1/2 teaspoon salt

1/4 teaspoon garlic powder

1/4 teaspoon pepper

2 cans (2-1/4 ounces each) sliced ripe olives, drained

Place corn husks in a large bowl; cover with cold water and soak for at least 2 hours.

Meanwhile, in a Dutch oven, combine the chicken, water, onion, salt and garlic. Bring to a boil. Reduce heat; cover and simmer for 45-60 minutes or until meat is tender. Remove chicken from broth; set aside until cool enough to handle. Strain broth; skim fat. Finely chop or shred chicken.

For dough, in a large bowl, beat the shortening until light and fluffy, about 1 minute. Add small amounts of masa harina alternately with 2 cups reserved broth, beating until well blended.

Drop a small amount of dough into a cup of cold water; dough should float to the top. If dough does not float, continue beating until dough is light enough to float.

In a Dutch oven, heat oil over medium heat; stir in flour until blended. Cook and stir for 7-9 minutes or until lightly browned. Stir in the spices, chicken and 4 cups reserved broth. Bring to a boil. Reduce heat; simmer, uncovered, for 45 minutes or until filling is thickened, stirring occasionally.

Drain corn husks and pat dry. Place a corn husk on a work surface with the small end pointing away from you. Place 3 tablespoons dough over half of husk closest to you, patting dough to within 1 in. of edges. Top with 2 tablespoons chicken mixture and 2 teaspoons olives. Lifting one long side, fold husk over filling so that edges meet, enclosing filling in husk. Fold ends of husk over tamale; tie with string. Repeat.

In a large steamer basket, position tamales upright with folded bottoms down. Place basket in a Dutch oven over 1 in. of water. Bring to a boil; cover and steam for 45-50 minutes or until dough peels away from husk, adding hot water to pan as needed. Remove husks before eating.

Editor's Note: *Look for dried corn husks and masa harina in the ethnic aisle.*

MORE ONLINE For more cooking techniques, visit **tasteofhome.com/howto**

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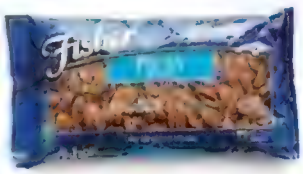

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GRATE TASTE

Freshly grated nutmeg flavors holiday cookies and so much more

frosted nutmeg logs

"This is my son's favorite Christmas cookie. It's a very old recipe that I have used many times."

Janie Colle
HUTCHINSON, KANSAS

PREP: 30 MIN. BAKE: 15 MIN./BATCH + COOLING
YIELD: 3 DOZEN

1 cup butter, softened
3/4 cup sugar
1 egg
2 tsp. rum extract
2-1/2 cups all-purpose flour
1-1/4 tsp. ground nutmeg
Dash salt

FROSTING:
1/4 cup butter, softened
3 cups confectioners' sugar
2 tsp. rum extract
2 to 3 Tbsp. 2% milk
Ground nutmeg

In a large bowl, cream butter and sugar until light and fluffy. Beat in egg and extract. Combine the flour, nutmeg and salt; gradually add to creamed mixture and mix well.

Divide dough into three portions. Roll each portion into 3/4-in.-thick logs; cut into 2-in. pieces. Place on ungreased baking sheets; flatten slightly.

Bake at 350°, for 12-16 minutes or until bottoms are lightly browned. Cool for 2 minutes before removing to wire racks to cool completely.

For frosting, in a large bowl, beat butter until fluffy. Beat in the confectioners' sugar, extract and enough milk to achieve desired consistency. Frost cookies. Press down with tines of a fork, make lines down frosting to simulate tree bark. Sprinkle with nutmeg.

NUTMEG TIDBITS:

- The nutmeg tree produces the only tropical fruit that makes two different spices—nutmeg and mace.
- Nutmeg might imply it's a nut, but it's not. It's the kernel of the apricot-like fruit found on the nutmeg tree.
- During Elizabethan times, the spice was thought to ward off the plague. It didn't.
- Nutmeg tastes best when freshly grated. One whole nutmeg equals 2-3 teaspoons grated.
- Its warm, sweet-spicy flavor complements holiday cookies, eggnog and mulled cider as well as sweet potatoes, custard, soups and sauces.

MORE ONLINE

See for yourself—the possibilities of this spice are endless. Get more nutmeg recipes at **tasteofhome.com/nutmeg**

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TASTE THE TROPICS

Bring summer back with the exotic flavors of this fruit-infused pairing

asian mango chicken

This unique entree will brighten any table. Its vibrant colors draw you in, and the lively blend of flavors will keep you coming back for more.

Jessica Feist
BROOKFIELD, WISCONSIN

PREP: 25 MIN. COOK: 15 MIN.
YIELD: 2 SERVINGS

2 boneless skinless chicken breast halves (6 oz. each)
1 Tbsp. sesame or canola oil
1 Tbsp. rice vinegar
1 garlic clove, minced
1 teaspoon honey
1/2 tsp. green curry paste
1 medium mango, peeled and diced
1 green onion, finely chopped
2 Tbsp. diced peeled cucumber
2 Tbsp. finely chopped sweet red pepper
1/8 tsp. cayenne pepper
Chopped dry roasted peanuts

In a large skillet over medium heat, cook chicken in oil for 4-5 minutes on each side or until a meat thermometer reads 170°. Remove and keep warm. Add the vinegar, garlic, honey and curry paste to the pan; cook and stir for 1-2 minutes to allow flavors to blend. Return chicken to the pan.

Combine the mango, onion, cucumber, red pepper and cayenne. Serve with chicken. Sprinkle with peanuts.

IN THE KNOW

Find green curry paste in either the ethnic or specialty section of your grocery store. Curry paste is typically a blend of clarified butter, curry powder, vinegar and other seasonings. It's often used in place of curry powder.

pear perfection

"What makes this dessert especially great is that it can be made in advance. I use lime sherbet for St. Patrick's Day and pineapple sherbet for Easter." For a yuletide touch, add a sprinkle of pomegranate seeds.

Pat Neaves
LEES SUMMIT, MISSOURI

PREP: 20 MIN. COOK: 30 MIN. + CHILLING
YIELD: 2 SERVINGS

1/2 cup pomegranate juice
1/4 cup orange juice
1-1/2 tsp. lemon juice
1/4 cup sugar
1 tsp. grated lemon peel
1 large pear, peeled, halved and cored
1 Tbsp. semisweet chocolate chips
1 Tbsp. white baking chips
2/3 cup raspberry sherbet
2 Tbsp. sliced almonds

In a small saucepan, bring the juices, sugar and lemon peel to a boil. Reduce heat; carefully add pear halves. Cover and simmer for 8-10 minutes or until tender. Remove pears with a slotted spoon; refrigerate for 1 hour.

Bring poaching liquid to a boil; cook until liquid is reduced to about 2 tablespoons. Cool.

In a microwave, melt the chips in separate bowls; stir until smooth. Drizzle semisweet chocolate on two dessert plates. Place pears on plates; top with sherbet. Drizzle with white chocolate and poaching liquid. Sprinkle with almonds. Serve immediately.

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BUSY-DAY DINNERS

After a jam-packed day of holiday shopping and baking, you'll still have time to whip up these easy, satisfying menus

Monday

golden clam chowder

Yes, you can have a hearty homemade bowl of soup for dinner tonight. Complete the meal with a nourishing ham and cheese sandwich for comfort food at its best!

Amanda Bowyer
CALDWELL, IDAHO

PREP: 20 MIN. COOK: 20 MIN.
YIELD: 7 SERVINGS

2 celery ribs
2 medium carrots
1 medium onion
2 tsp. olive oil
4 garlic cloves, minced
4 medium potatoes, peeled and diced
2 cans (6-1/2 oz. each) minced clams, undrained
1 bottle (8 oz.) clam juice
1 cup plus 1 Tbsp. water, divided
1 tsp. dried thyme
1/2 tsp. salt
1/2 tsp. pepper
1 can (12 oz.) evaporated milk
2 tsp. cornstarch
2 bacon strips, cooked and crumbled

Finely chop the celery, carrots and onion. In a Dutch oven, saute vegetables in oil until tender. Add garlic; cook 1 minute longer. Stir in the potatoes, clams, clam juice, 1 cup water, thyme, salt and pepper. Bring to a boil. Reduce heat; cover and simmer for 12-15 minutes or until potatoes are tender.

Gradually stir in milk; heat through. Combine cornstarch and remaining water until smooth; stir into chowder. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in bacon.

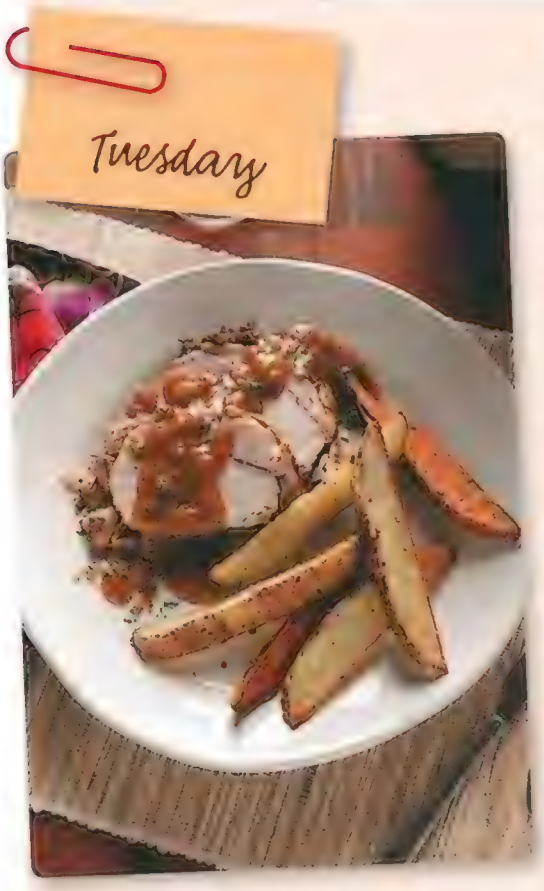
on the side . . .

ham and brie melts

Spread 8 slices of **multigrain bread** with **apricot preserves**. Layer 4 slices of bread with 1/2 lb. **deli ham** and 8 oz. sliced **Brie cheese**. Top with remaining bread. **Butter** outsides of sandwiches and, in a large skillet, toast them 2-3 minutes on each side until golden. **SERVES 4.**

Bonnie Bahler ELLINGTON, CONNECTICUT

MORE WEEKNIGHT SOLUTIONS ON PAGE 58



grandma edna's cajun pork

"My grandma Edna Mills made this every year as part of our Christmas dinner. She's been gone for a few years, but we still carry on her slow-cooked tradition." Potato wedges make an ideal accompaniment.

Tonya Cline
GREENVILLE, OHIO

PREP: 35 MIN. COOK: 6 HOURS
YIELD: 12 SERVINGS (2-1/4 CUPS SAUCE)

1 small onion
1 celery rib
1 small green pepper
3 Tbsp. butter
3 garlic cloves, minced
2 tsp. dried thyme
1 tsp. paprika
1/2 tsp. each salt, white pepper and pepper
1/2 tsp. ground mustard
1/2 tsp. hot pepper sauce
1 boneless whole pork loin roast (4 lbs.)
2 Tbsp. cornstarch
2 Tbsp. cold water

Finely chop vegetables. In a large skillet, saute vegetables in butter until tender. Add garlic; cook 1 minute longer. Stir in seasonings and pepper sauce.

Cut roast in half. Cut several slits in roast to within 1/2 in. of bottom. Place in a 4-qt. slow cooker. Spoon onion mixture between slits and over the top of meat. Cover and cook on low for 6-8 hours or until pork is tender.

Transfer roast to a serving platter; keep warm. Pour cooking juices into a small saucepan. Combine cornstarch and water until smooth; stir into the pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve with roast.

on the side . . .

two-tone potato wedges

Cut 2 medium **potatoes** and a medium **sweet potato** into wedges. Place into a resealable bag with **salt**, **pepper** and 1 Tbsp. **olive oil**; shake to coat. Arrange on a greased baking sheet. Bake, uncovered, at 425° for 20 minutes; turn potatoes. Sprinkle with 1 Tbsp. **Parmesan cheese** and 2 minced **garlic cloves**. Bake 20-25 minutes longer or until tender. **SERVES 4.**

Maria Nicolau Schumacher LARCHMONT, NEW YORK

hawaiian chicken

"A good friend gave me this recipe a year ago, and I have made it many times since then. My husband and sons rave about it." Wash it down with a refreshing glass of citrus tea.

Kara Cook
ELK RIDGE, UTAH

PREP: 20 MIN. BAKE: 20 MIN.
YIELD: 6 SERVINGS

1/2 cup all-purpose flour
1 tsp. salt
1/4 tsp. pepper
6 boneless skinless chicken breast halves (6 oz. each)
3 Tbsp. canola oil
1 cup sugar
2 Tbsp. cornstarch
1 tsp. chicken bouillon granules
1/4 tsp. ground ginger
1 can (20 oz.) unsweetened sliced pineapple
1/2 cup cider vinegar
1 Tbsp. soy sauce
1 medium green pepper, cut into rings
Hot cooked rice

In a large resealable plastic bag, combine the flour, salt and pepper. Add chicken, one piece at a time, and shake to coat. In a skillet, brown chicken in oil. Transfer to a greased 13-in. x 9-in. baking dish.

In a small saucepan, combine the sugar, cornstarch, bouillon and ginger. Drain pineapple into a 2-cup measuring cup; set pineapple aside. Add enough cold water to juice to measure 1-1/4 cups. Stir in vinegar and soy sauce. Gradually whisk into sugar mixture. Bring to a boil; cook and stir for 2 minutes or until thickened.

Pour sauce over chicken; top with green pepper and reserved pineapple. Bake, uncovered, at 350° for 20-30 minutes or until a meat thermometer reads 170°. Serve with rice.

on the side . . .

sweet citrus iced tea

Steep 10 **tea bags** in 4 cups of boiling water for 10 minutes; discard tea bags. Pour hot tea into a gallon container; stir in 1-1/2 cups **sugar**, 2/3 cup **lemon juice**, 1/4 cup thawed **orange juice concentrate** and 10-1/2 cups **water**. Refrigerate. Serve over ice. **YIELD: 1 GALLON.**

Diane Kirkpatrick TERRE HILL, PENNSYLVANIA

margherita pita pizzas

"One of my favorite ways to use plum tomatoes are these easy individual pizzas. They are so good!" A speedy spinach salad on the side makes a classic meal.

Rosemarie Weleski
NATRONA HEIGHTS, PENNSYLVANIA

PREP/TOTAL TIME: 20 MIN.
YIELD: 4 SERVINGS

4 pita breads (6 in.)
2 tsp. olive oil
2 garlic cloves, minced
2 cups (8 oz.) shredded part-skim mozzarella cheese
3 plum tomatoes, thinly sliced
1/4 tsp. garlic powder
1 tsp. Italian seasoning
Thinly sliced fresh basil, optional

Place pita breads on an ungreased baking sheet; brush with oil. Top with garlic, 1 cup cheese, tomatoes, garlic powder and remaining cheese; sprinkle with Italian seasoning.

Bake at 425° for 10-12 minutes or until cheese is melted. Top with basil if desired.

Nutrition Facts: 1 pizza equals 340 calories, 12 g fat (6 g saturated fat), 33 mg cholesterol, 588 mg sodium, 38 g carbohydrate, 2 g fiber, 20 g protein. **Diabetic Exchanges:** 2 starch, 2 medium-fat meat, 1/2 fat.

on the side . . .

swiss spinach salad

Combine a 6 oz. pkg. fresh **baby spinach**, 1 cup shredded **Swiss cheese** and 3 Tbsp. crumbled cooked **bacon** with 1/2 cup **creamy Caesar dressing**. Top with **salad croutons**. **SERVES 4.**

Nella Parker HERSEY, MICHIGAN

pastitsio

You'll gobble up this authentic Greek beef and pasta casserole. The creamy white sauce is delicious. Make sure to save room for a sweet banana split finale.

Amanda Briggs
GREENFIELD, WISCONSIN

PREP: 35 MIN. BAKE: 30 MIN. + STANDING
YIELD: 4 SERVINGS

1 pkg. (7 oz.) uncooked elbow macaroni
1 lb. ground beef or lamb
1 medium onion, chopped
1 garlic clove, minced
1 can (8 oz.) tomato sauce
1 tsp. salt, divided
1/4 tsp. dried oregano
1/8 tsp. pepper
1/4 tsp. ground cinnamon, optional
1/2 cup grated Parmesan cheese, divided
3 Tbsp. butter
3 Tbsp. all-purpose flour
1-1/2 cups 2% milk
1 egg, beaten

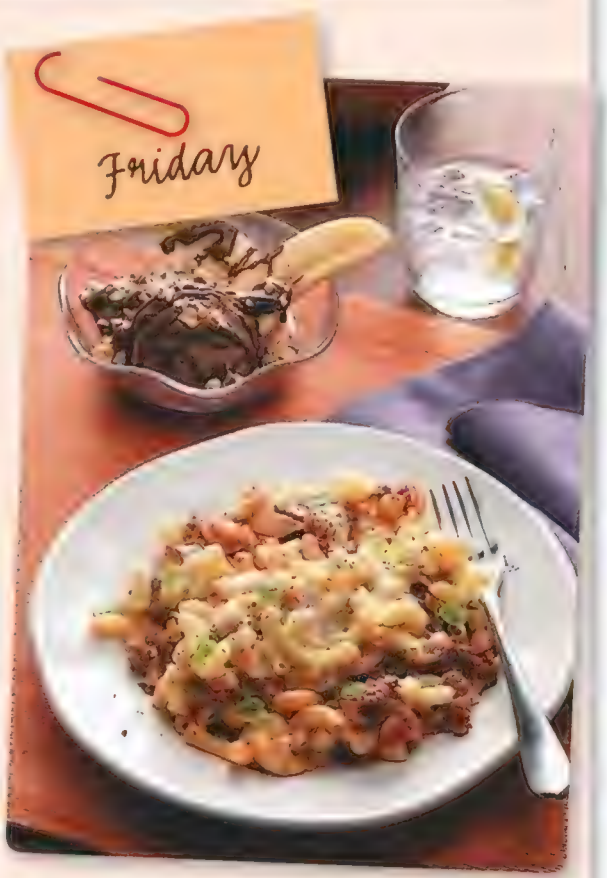
Cook macaroni according to package directions. Meanwhile, in a large skillet, cook the beef, onion and garlic over medium heat until meat is no longer pink; drain. Stir in the tomato sauce, 1/2 tsp. salt, oregano, pepper and cinnamon if desired; heat through.

Drain macaroni; place half of macaroni in a greased 9-in. square baking pan. Sprinkle with 1/4 cup cheese. Layer with meat mixture and remaining macaroni. Set aside.

In a small saucepan, melt butter; stir in flour and remaining salt until smooth. Gradually add milk. Bring to a boil; cook and stir for 2 minutes or until thickened.

Remove from the heat. Stir a small amount of the hot mixture into egg; return all to the pan, stirring constantly. Bring to a gentle boil; cook and stir for 2 minutes. Remove from the heat; stir in remaining cheese. Pour sauce over macaroni.

Bake, uncovered, at 350° for 30-35 minutes or until golden brown. Let stand for 10 minutes before serving.



on the side . . .

chocolate-almond banana splits

In a microwave, melt 2 chopped **milk chocolate candy bars with almonds** (1.45 oz each) and 3 Tbsp. **whipping cream**. Drizzle over 2 halved **bananas** and **chocolate ice cream**. Sprinkle with **toasted almonds**. **MAKES 2 SERVINGS.**

Candy McMenamin LEXINGTON, SOUTH CAROLINA

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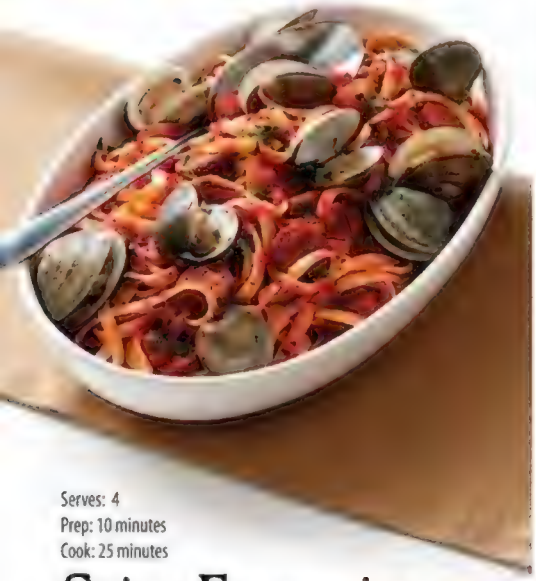

Serves: 4
Prep: 10 minutes
Cook: 25 minutes

Spicy Fettuccine with Clams

Ingredients:

- 1 lb fettuccine or linguine pasta
- 1/4 cup extra-virgin olive oil
- Three 5-inch links precooked chorizo (9 ounces total), sliced 1/4 inch thick
- 6 cloves garlic, thinly sliced
- 1 cup dry white wine
- 3 dozen small clams, such as littleneck, rinsed
- **One 24-ounce jar Classico® Tomato & Basil Pasta Sauce**
- 1/3 cup chopped flat-leaf parsley

Directions:

1. In a large pot of boiling, salted water, cook the pasta until al dente; drain.
2. Meanwhile, in a large, heavy pot, heat the olive oil over medium heat. Add the chorizo and cook, stirring, for 2 minutes. Add the garlic and cook until golden, 2 to 3 minutes. Increase the heat to high, add the wine and clams, cover and boil. Stir occasionally and, as the clams open, transfer them to a large bowl. Lower heat and add the Tomato & Basil Sauce to the pan and simmer for 10-12 minutes.
3. Add the pasta to the sauce and stir to combine. Place pasta in a large bowl, add the clams and sprinkle the parsley on top.

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GET A LITTLE NUTTY

A few simple steps turn ordinary nuts into a spicy-sweet snack

BY MICHAEL BARNA
CULINARY SPECIALIST, TASTE OF HOME COOKING SCHOOL

The holidays are a time for family, friends and food, and I always look forward to gathering those I love around a great meal. For me, cooking is less about the recipe and more about the fun I have getting to that end reward: Enjoying delicious food with people I care about most.

One of my favorite Cooking School recipes is Spiced Nuts, and it's perfect for the holidays. I'm a pushover for sweet, spicy, buttery goodness, and that's what this recipe delivers. I use my cast-iron skillet, which works best for even caramelization, and a mix of assorted shelled nuts. I love the cardamom in this recipe—it has a wonderful ginger-like flavor that pairs well with the sugar and butter, creating toasty, nutty goodness.

A crackling fire, an old holiday movie, lots of warm Spiced Nuts and loved ones...it doesn't get better than that.

NUTTY NUGGETS

- Toasting nuts, as this recipe calls for, intensifies their flavor and deepens their color for a prettier appearance.
- A sprinkling of these nuts can also liven up yogurt, oatmeal or ice cream.
- For a variation, experiment with different spices, replacing the cardamom with a mix of cinnamon, allspice and cloves.

spiced nuts

"These seasoned mixed nuts make great hostess gifts; or just tuck some in with a Christmas present. I often add extra cardamom, a flavor we enjoy!"

Judi Oudekerk
BUFFALO, MINNESOTA

PREP: 20 MIN. + COOLING
YIELD: 3-1/2 CUPS

1/4 cup butter, cubed
1/2 cup plus 3 Tbsp. sugar, divided
2 tsp. ground cardamom
1 cup salted cashews
1 cup salted peanuts
1 cup pecan halves

In a large heavy skillet, melt butter. Add 1/2 cup sugar; cook and stir over high heat until sugar is dissolved. Meanwhile, place cardamom and remaining sugar in a large bowl; set aside.

Reduce heat to medium; add the cashews, peanuts and pecans to butter mixture. Cook and stir until nuts are toasted, about 3 minutes. Add hot nuts to reserved cardamom mixture; toss to coat. Spread on foil to cool.

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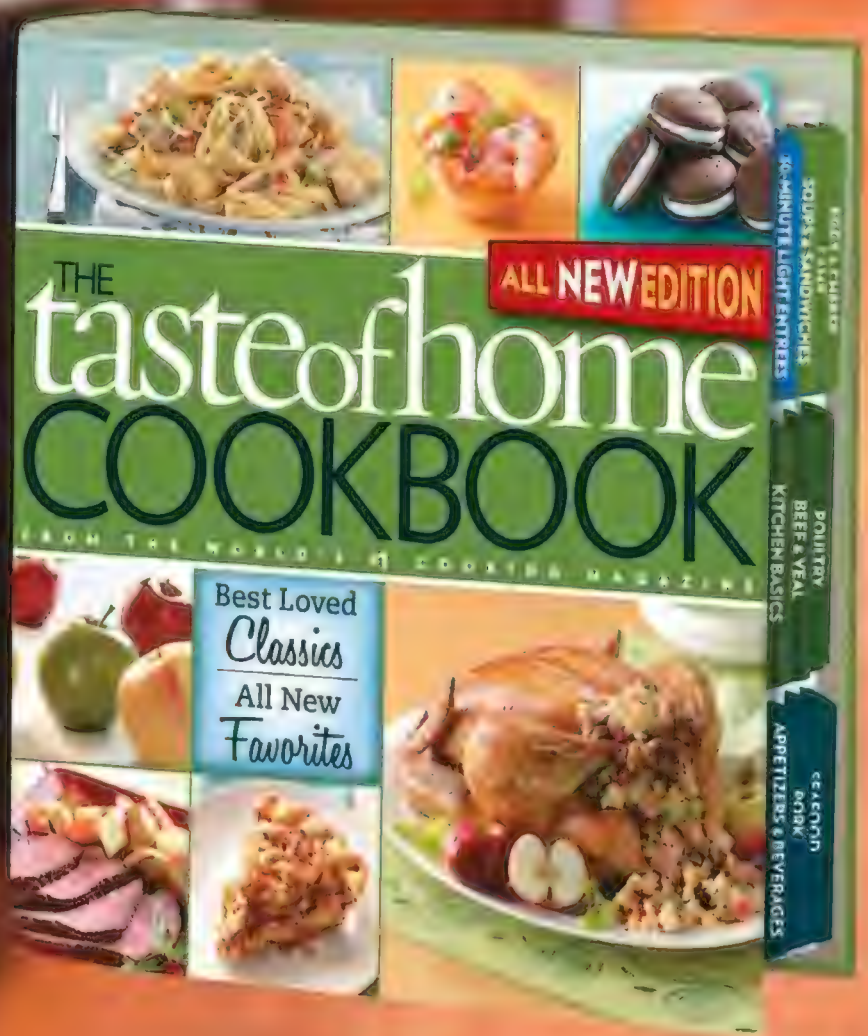

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START THE YEAR LIGHT

Once the feasting is done, resolve to make 2011 healthier with this bonus section of delicious 30-minute entrees. You absolutely will not believe they're light

We're making it easy for you to feed your family nutritious meals in minutes with this collection of fast, healthy main dishes from the new edition of *The Taste of Home Cookbook*. The mouthwatering recipes in this section, complete with nutritionals, will save you time while helping you shed those extra holiday pounds. Here's to your health!

SNEAK PEEK! The healthy tips in this section are from the *Taste of Home Comfort Food Diet: Family Classics Collection.* This all-new edition—with more than 400 recipes, a 6-week meal planner and free access to online support—is available December 23, wherever books are sold.

BEEF

peach-glazed beef fillets

"I love combining fruits and chilies to make flavorful glazes. This recipe has evolved over the years. It uses ancho chili powder, which lends a nice smoky flavor. I serve the fillets over rice, potatoes or cheesy grits."

Anna Ginsberg
AUSTIN, TEXAS

PREP/TOTAL TIME: 30 MIN.
YIELD: 2 SERVINGS

- 2 beef tenderloin fillets (5 oz. each)
- 1/4 tsp. salt
- 1/8 tsp. pepper
- 1 tsp. canola oil
- 1/4 cup peach preserves
- 2 Tbsp. chicken broth
- 1 Tbsp. balsamic vinegar
- 2 tsp. minced fresh cilantro
- 3/4 tsp. ground ancho chili pepper
- 1 garlic clove, minced

Sprinkle beef with salt and pepper. In a large skillet, cook fillets in oil over medium heat for 5-8 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145°; medium, 160°; well-done, 170°).

In a small bowl, combine the remaining ingredients; pour over fillets. Cook for 1-2 minutes or until glaze is heated through.

Nutrition Facts: 1 fillet with 3-1/2 tsp. glaze equals 350 calories, 12 g fat (4 g saturated fat), 89 mg cholesterol, 422 mg sodium, 28 g carbohydrate, trace fiber, 30 g protein.
Diabetic Exchanges: 4 lean meat, 2 fruit, 1/2 fat.

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QUICK & EASY JALAPENO CHICKEN PIZZA, PAGE 146

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SUMPTUOUS TERIYAKI BEEF TENDERLOIN, PAGE 128

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blue cheese-topped steaks

These juicy tenderloin steaks, lightly crusted with blue cheese and bread crumbs, are special enough for holiday dining. When drizzled with wine sauce, the beef melts in your mouth.

Tiffany Vancil
SAN DIEGO

PREP/TOTAL TIME: 30 MIN.
YIELD: 4 SERVINGS

2 Tbsp. crumbled blue cheese
4-1/2 tsp. dry bread crumbs
4-1/2 tsp. minced fresh parsley
4-1/2 tsp. minced chives
Dash pepper
4 beef tenderloin steaks (4 oz. each)
1-1/2 tsp. butter
1 Tbsp. all-purpose flour
1/2 cup reduced-sodium beef broth
1 Tbsp. Madeira wine
1/8 tsp. browning sauce, optional

In a small bowl, combine the blue cheese, bread crumbs, parsley, chives and pepper. Press onto one side of each steak.

In a large nonstick skillet coated with cooking spray, cook steaks over medium-high heat for 2 minutes on each side. Transfer to a 15-in. x 10-in. x 1-in. baking pan coated with cooking spray.

Bake at 350° for 6-8 minutes or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145°; medium, 160°; well-done, 170°).

Meanwhile, in a small saucepan, melt butter. Whisk in flour until smooth. Gradually whisk in broth and wine. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in browning sauce if desired. Serve with steaks.

Nutrition Facts: 1 steak equals 228 calories, 11 g fat (5 g saturated fat), 78 mg cholesterol, 197 mg sodium, 4 g carbohydrate, trace fiber, 26 g protein. **Diabetic Exchanges:** 3 lean meat, 1/2 fat.

southwestern beef strips

This filling main dish gets its zip from taco seasoning and picante sauce.

Taste of Home Test Kitchen

PREP/TOTAL TIME: 20 MIN.
YIELD: 6 SERVINGS

1-1/2 lbs. beef top sirloin steak, cut into thin strips
1 medium onion, sliced
1 medium sweet red pepper, cut into thin strips
2 Tbsp. taco seasoning
1/4 tsp. salt
1/4 tsp. pepper
2 Tbsp. canola oil
1 can (15 oz.) black beans, rinsed and drained
1-1/2 cups frozen corn, thawed
1/2 cup picante sauce
2 tsp. dried cilantro flakes
Hot cooked fettuccine, optional

In a large skillet, stir-fry the beef, onion, red pepper, taco seasoning, salt and pepper in oil until meat is no longer pink. Stir in the beans, corn, picante sauce and cilantro; heat through. Serve with fettuccine if desired.

Nutrition Facts: 1-1/3 cups beef mixture (calculated without fettuccine) equals 291 calories, 11 g fat (3 g saturated fat), 63 mg cholesterol, 777 mg sodium, 22 g carbohydrate, 5 g fiber, 27 g protein. **Diabetic Exchanges:** 3 lean meat, 1 starch, 1 vegetable, 1 fat.

gingered beef stir-fry

"My oldest son especially likes this beefy stir-fry with its pleasant ginger flavor. The sweet red peppers, bright green snap peas and whole baby corn make it look and taste irresistible."

Debbie Williams
ASHLAND, OHIO

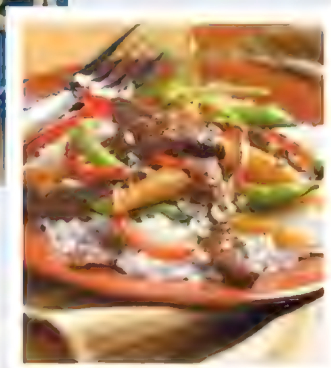
PREP/TOTAL TIME: 20 MIN.
YIELD: 4 SERVINGS

1-1/2 tsp. sugar
1 tsp. cornstarch
1/4 cup cold water
3 Tbsp. reduced-sodium soy sauce
2 tsp. sesame oil, divided
1 beef flank steak (1 lb.), cut into thin strips
1 jar (8 oz.) whole baby corn, drained
1/4 cup julienned sweet red pepper
2 tsp. minced fresh gingerroot
2 tsp. minced garlic
1/4 lb. fresh sugar snap peas
3 cups hot cooked rice

In a small bowl, combine sugar and cornstarch. Stir in the water, soy sauce and 1 tsp. oil until smooth; set aside. In a large nonstick skillet or wok, stir-fry beef in remaining oil for 4-5 minutes or until no longer pink.

Add the corn, red pepper, ginger and garlic; stir-fry for 2-3 minutes or until vegetables are crisp-tender. Add peas; stir-fry 30 seconds longer. Stir soy sauce mixture and add to the pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve with rice.

Nutrition Facts: 1 cup beef mixture with 3/4 cup rice equals 377 calories, 12 g fat (4 g saturated fat), 48 mg cholesterol, 618 mg sodium, 41 g carbohydrate, 2 g fiber, 25 g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch, 1 vegetable, 1/2 fat.



SOUTHWESTERN BEEF STRIPS (ABOVE)
GINGERED BEEF STIR-FRY (RIGHT)

southwestern goulash

"I had some extra cilantro in the fridge and didn't want to throw it away. Instead, I came up with this delightful and filling family recipe."

taste of home fieldeditor **Vicki Rebholz**
WEST CHESTER, OHIO

PREP/TOTAL TIME: 30 MIN.
YIELD: 6 SERVINGS

1 cup uncooked elbow macaroni
1 lb. lean ground beef (90% lean)
1 medium onion, chopped
1 can (28 oz.) diced tomatoes, undrained
2/3 cup frozen corn
1 can (8 oz.) tomato sauce
1 can (4 oz.) chopped green chilies
1/2 tsp. ground cumin
1/2 tsp. pepper
1/4 tsp. salt
1/4 cup minced fresh cilantro

Cook macaroni according to package directions. Meanwhile, in a Dutch oven over medium heat, cook beef and onion until meat is no longer pink; drain. Stir in the tomatoes, corn, tomato sauce, chilies, cumin, pepper and salt. Bring to a boil. Reduce heat; simmer, uncovered, for 3-4 minutes or until heated through.

Drain macaroni; add to meat mixture. Stir in cilantro and heat through.

Nutrition Facts: 1-1/3 cups equals 224 calories, 6 g fat (2 g saturated fat), 37 mg cholesterol, 567 mg sodium, 24 g carbohydrate, 4 g fiber, 19 g protein. **Diabetic Exchanges:** 2 lean meat, 2 vegetable, 1 starch.

DON'T CUT OUT CARBS. Most people who are dieting fear carbohydrates. Although moderation is key when consuming them, carbohydrates also energize your body. But there are good and bad carbs. Good choices include whole grains, reduced-fat dairy products and a variety of fruits and vegetables. Avoid packaged cakes, pies and cookies that don't contribute to a healthy diet. For example, 4-1/2 teaspoons of sugar may have the same calories and carbohydrates as a medium apple, but the medium apple is far healthier.

beef barley stew

Hearty and easy to fix, this thick stew has a comforting, chili-like taste.

Lisa Kolenich
REGINA, SASKATCHEWAN

PREP/TOTAL TIME: 30 MIN.
YIELD: 4 CUPS

1/2 lb. lean ground beef (90% lean)
1/2 cup sliced celery
1/3 cup chopped onion
1-3/4 cups water
2 tsp. reduced-sodium beef bouillon granules
1-1/2 tsp. chili powder
1/4 tsp. pepper
1/2 cup quick-cooking barley
1 can (14-1/2 oz.) diced tomatoes, undrained

In a large saucepan, cook the beef, celery and onion over medium heat until meat is no longer pink and vegetables are tender; drain.

Stir in the water, bouillon, chili powder and pepper. Bring to a boil. Stir in barley. Reduce heat; cover and simmer for 10-12 minutes or until barley is tender. Stir in tomatoes; heat through.

Nutrition Facts: 1-1/3 cups equals 269 calories, 7 g fat (3 g saturated fat), 37 mg cholesterol, 456 mg sodium, 33 g carbohydrate, 9 g fiber, 20 g protein. **Diabetic Exchanges:** 2 lean meat, 1-1/2 starch, 1 vegetable.

hearty backyard burgers

"I like to toast rye rolls or whole wheat hamburger buns on the grill for a few minutes while the burgers finish cooking. Then I top the burgers with ketchup and pickle planks right before serving."

Paula LeFevre
GARDEN, MICHIGAN

PREP/TOTAL TIME: 25 MIN.
YIELD: 6 SERVINGS

1/2 cup finely chopped onion
1/4 cup beer or nonalcoholic beer
1 Tbsp. Worcestershire sauce
2 garlic cloves, minced
1 tsp. salt
1/4 tsp. pepper
1-1/2 lbs. lean ground beef
6 rye rolls or whole wheat hamburger buns, split
6 lettuce leaves
12 tomato slices

In a large bowl, combine the first six ingredients. Crumble beef over mixture and mix well. Shape into six patties.

Using long-handled tongs, moisten a paper towel with cooking oil and lightly coat the grill rack. Cover and grill over medium-high heat or broil 4 in. from the grill for 4-5 minutes on each side or until a meat thermometer reads 160° and juices run clear. Serve on rolls with lettuce and tomato slices.

Nutrition Facts: One serving (1 burger) equals 307 calories, 12 g fat (4 g saturated fat), 70 mg cholesterol, 686 mg sodium, 25 g carbohydrate, 4 g fiber, 25 g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch.

barbecue beef sandwiches

A quick, tangy sauce gives these family-pleasing sandwiches lots of zip. "I've had this recipe for years and have given it out many, many times."

Sharon Zagar
GARDNER, ILLINOIS

PREP/TOTAL TIME: 30 MIN.
YIELD: 6 SERVINGS

1-1/2 lbs. lean ground beef (90% lean)
2 celery ribs, sliced
1 large onion, chopped
1 can (8 oz.) tomato sauce
1/4 cup ketchup
2 Tbsp. brown sugar
2 Tbsp. barbecue sauce
1 Tbsp. prepared mustard
1 Tbsp. Worcestershire sauce
6 hamburger buns, split

In a large nonstick skillet, cook the beef, celery and onion over medium heat until meat is no longer pink; drain.

Stir in the tomato sauce, ketchup, brown sugar, barbecue sauce, mustard and Worcestershire sauce. Bring to a boil. Reduce heat; simmer, uncovered, for 10-15 minutes to allow flavors to blend. Spoon 3/4 cup onto each bun.

Nutrition Facts: 1 sandwich equals 348 calories, 11 g fat (4 g saturated fat), 56 mg cholesterol, 719 mg sodium, 35 g carbohydrate, 2 g fiber, 27 g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch.

HEARTY BACKYARD BURGERS (LEFT)
BARBECUE BEEF SANDWICHES (ABOVE)

PORK

tex-mex pork chops

"These pork chops won a contest for me. Salsa, cumin and green chilies give them the spunk they need to be called Tex-Mex."

Jo Ann Dalrymple
CLAREMORE, OKLAHOMA

PREP/TOTAL TIME: 20 MIN.
YIELD: 6 SERVINGS

Butter-flavored cooking spray
1 small onion, chopped
6 boneless pork loin chops (5 oz. each)
1 cup salsa
1 can (4 oz.) chopped green chilies
1/2 tsp. ground cumin
1/4 tsp. pepper

In a large skillet coated with butter-flavored cooking spray, saute onion until tender. Add pork chops; cook over medium heat for 5-6 minutes on each side or until a meat thermometer reads 160°.

Combine the salsa, chilies, cumin and pepper; pour over pork. Bring to a boil. Reduce heat; cover and simmer until heated through.

Nutrition Facts: 1 pork chop equals 223 calories, 8 g fat (3 g saturated fat), 68 mg cholesterol, 433 mg sodium, 9 g carbohydrate, 5 g fiber, 32 g protein. **Diabetic Exchanges:** 4 lean meat, 1 vegetable.

TEX-MEX PORK CHOPS (ABOVE)
HERB-RUBBED PORK CHOPS (BELOW)

herb-rubbed pork chops

"When time is short, I rely on this surefire treatment for pork chops. It's healthy, economical and so easy to fix. I just love it for a fun get-together with a friend."

Sharon Denton
MT. AIRY, MARYLAND

PREP/TOTAL TIME: 25 MIN.
YIELD: 2 SERVINGS

1 tsp. dried parsley flakes
1 tsp. dried marjoram
1 tsp. rubbed sage
1/8 tsp. garlic powder
1/8 tsp. salt
1/8 tsp. pepper
2 bone-in pork loin chops (3/4 in. thick and 6 oz. each)
1-1/2 tsp. olive oil, divided
1/4 cup reduced-sodium chicken broth
2 Tbsp. sherry or additional reduced-sodium chicken broth

In a small bowl, combine the parsley, marjoram, sage, garlic powder, salt and pepper. Brush both sides of pork chops with 1 tsp. oil; rub with herb mixture.

In a large nonstick skillet coated with cooking spray, cook chops in remaining oil over medium heat for 3-4 minutes on each side or until lightly browned. Remove and keep warm. Add broth and sherry or additional broth to skillet, stirring to loosen browned bits. Bring to a boil.

Return chops to the pan. Reduce heat; cover and simmer for 4-5 minutes or until a meat thermometer reads 160°. Serve chops with pan juices.

Nutrition Facts: 1 pork chop with 3 Tbsp. pan juices equals 221 calories, 11 g fat (3 g saturated fat), 74 mg cholesterol, 282 mg sodium, 1 g carbohydrate, trace fiber, 26 g protein.
Diabetic Exchanges: 3 lean meat, 1 fat.

cran-orange pork tenderloin

Cranberries and oranges are natural choices for flavoring pork. You'll make someone's day with this meaty meal.

Taste of Home Test Kitchen

PREP/TOTAL TIME: 30 MIN.
YIELD: 4 SERVINGS

1/4 tsp. garlic salt
1/4 tsp. pepper
1/8 tsp. ground mustard
1/8 tsp. ground cinnamon
1 pork tenderloin (1 lb.)

CRAN-ORANGE SAUCE:
1/2 cup dried cranberries
1/4 cup plus 1 Tbsp. orange juice, divided
1/8 tsp. ground ginger
Dash ground cloves
1 can (11 oz.) mandarin oranges
1 Tbsp. cornstarch

In a small bowl, combine the first four ingredients; rub over pork. Place on a rack in a shallow roasting pan. Bake, uncovered, at 425° for 25-28 minutes or until a meat thermometer reads 160°.

Meanwhile, in a small saucepan, combine the cranberries, 1/4 cup orange juice, ginger and cloves. Drain oranges, reserving juice; set oranges aside. Add reserved juice to cranberry mixture. Bring to a boil. Reduce heat; cover and simmer for 5 minutes. Combine cornstarch and remaining orange juice until smooth; stir into saucepan. Bring to a boil; cook and stir for 1 minute or until thickened. Fold in oranges. Serve with sliced pork.

Nutrition Facts: 4 ounces cooked pork equals 242 calories, 4 g fat (1 g saturated fat), 63 mg cholesterol, 163 mg sodium, 29 g carbohydrate, 1 g fiber, 23 g protein.
Diabetic Exchanges: 3 lean meat, 1-1/2 starch, 1/2 fruit.

pork chops with blue cheese sauce

These wonderful chops have a unique kick. This entree makes a decadent, but quick and easy, weeknight meal. Even if you aren't a blue cheese fan, you'll enjoy the mild-flavored sauce.

Kathy Specht
CLINTON, MONTANA

PREP/TOTAL TIME: 30 MIN.
YIELD: 4 SERVINGS

4 bone-in pork loin chops (7 oz. each)
1 tsp. coarsely ground pepper

SAUCE:
1 green onion, finely chopped
1 garlic clove, minced
1 tsp. butter
1 Tbsp. all-purpose flour
2/3 cup fat-free milk
3 Tbsp. crumbled blue cheese
1 Tbsp. white wine or reduced-sodium chicken broth

Sprinkle pork chops on both sides with pepper. Broil 3-4 in. from the heat for 4-6 minutes on each side or until a meat thermometer reads 160°.

Meanwhile, in a small saucepan, saute onion and garlic in butter until tender. Sprinkle with flour; stir until blended. Gradually add milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Add cheese and wine; heat through. Serve sauce with chops.

Nutrition Facts: 1 pork chop with 3 Tbsp. sauce equals 263 calories, 11 g fat (5 g saturated fat), 94 mg cholesterol, 176 mg sodium, 5 g carbohydrate, trace fiber, 33 g protein.
Diabetic Exchanges: 5 lean meat.

CRAN-ORANGE PORK TENDERLOIN (RIGHT)
PORK CHOPS WITH BLUE CHEESE SAUCE (FAR RIGHT)

ranch ham 'n' cheese pasta

"With help from the Taste of Home cooking professionals, my delicious recipe has been revised to make it lighter in calories, fat, saturated fat, cholesterol and sodium. And it's still sensational."

Kathy Heller
COLORADO SPRINGS, COLORADO

PREP/TOTAL TIME: 25 MIN.
YIELD: 10 SERVINGS

1 pkg. (16 oz.) penne pasta
1 Tbsp. butter
1 Tbsp. all-purpose flour
1 cup fat-free milk
2 tsp. dried parsley flakes
1 tsp. garlic salt
1 tsp. salt-free lemon-pepper seasoning
1/2 tsp. garlic powder
1/2 tsp. dried minced onion
1/2 tsp. dill weed
1/4 tsp. onion powder
1/8 tsp. pepper
1 cup (8 oz.) reduced-fat sour cream
2 cups cubed fully cooked lean ham
1-1/2 cups (6 oz.) shredded reduced-fat Mexican cheese blend
1/4 cup shredded Parmesan cheese

Cook pasta according to package directions; drain. In a Dutch oven, melt butter; whisk in flour until smooth. Gradually add milk and seasonings. Bring to a boil; cook and stir for 2 minutes or until thickened.

Reduce heat; fold in sour cream until blended. Add ham and pasta; cook and stir until heated through. Remove from the heat; stir in Mexican cheese blend until melted. Sprinkle with Parmesan cheese.

Nutrition Facts: 1 cup equals 306 calories, 9 g fat (5 g saturated fat), 27 mg cholesterol, 612 mg sodium, 38 g carbohydrate, 2 g fiber, 20 g protein. **Diabetic Exchanges:** 2-1/2 starch, 2 lean meat.

asparagus ham dinner

With asparagus, tomato, pasta and chunks of ham, this meal is a tempting blend of tastes and textures.

Rhonda Zavondny
DAVID CITY, NEBRASKA

PREP/TOTAL TIME: 25 MIN.
YIELD: 6 SERVINGS

2 cups uncooked spiral pasta
3/4 lb. fresh asparagus, cut into 1-in. pieces
1 medium sweet yellow pepper, julienned
1 Tbsp. olive oil
3 cups diced fresh tomatoes (about 6 medium)
6 oz. boneless fully cooked ham, cubed
1/4 cup minced fresh parsley
1/2 tsp. salt
1/2 tsp. dried oregano
1/2 tsp. dried basil
1/8 to 1/4 tsp. cayenne pepper
1/4 cup shredded Parmesan cheese

Cook pasta according to package directions. Meanwhile, in a nonstick skillet, saute asparagus and yellow pepper in oil until tender. Add tomatoes and ham; heat through.

Drain pasta; add to the vegetable mixture. Stir in seasonings. Sprinkle with cheese.

Nutrition Facts: 1-1/3 cups equals 198 calories, 5 g fat (1 g saturated fat), 17 mg cholesterol, 559 mg sodium, 27 g carbohydrate, 3 g fiber, 12 g protein. **Diabetic Exchanges:** 1 starch, 1 lean meat, 1 vegetable, 1/2 fat.

jiffy ground pork skillet

Some people call it dinner hour, but many of us call it rush hour. Slow down the pace with this super-quick, satisfying meal. The only thing you'll have left over is time to share with your family at the table.

Brigitte Schaller
FLEMINGTON, MISSOURI

PREP/TOTAL TIME: 30 MIN.
YIELD: 6 SERVINGS

1-1/2 cups uncooked penne pasta
1 lb. ground pork
1/2 cup chopped onion
1 can (14-1/2 oz.) stewed tomatoes
1 can (8 oz.) tomato sauce
1 tsp. Italian seasoning
1 medium zucchini, cut into 1/4-in. slices

Cook pasta according to package directions.

Meanwhile, in a large skillet, cook pork and onion over medium heat until meat is no longer pink; drain. Add the tomatoes, tomato sauce and Italian seasoning. Bring to a boil. Reduce heat; cover and cook for 5 minutes to allow flavors to blend.

Drain pasta; add to skillet. Stir in zucchini. Cover and cook for 3-5 minutes or until zucchini is crisp-tender.

Nutrition Facts: 1-1/4 cups equals 263 calories, 12 g fat (4 g saturated fat), 50 mg cholesterol, 339 mg sodium, 22 g carbohydrate, 2 g fiber, 18 g protein. **Diabetic Exchanges:** 2 lean meat, 2 vegetable, 1 starch, 1/2 fat.

ASPARAGUS HAM DINNER (ABOVE)
JIFFY GROUND PORK SKILLET (RIGHT)

spicy sweet-sour pork

Tender strips of pork are combined with pineapple and sweet peppers in this colorful entree that's not too sweet or too sour.

Shannon Tamlage
ALEXANDRIA, INDIANA

PREP/TOTAL TIME: 30 MIN.
YIELD: 2 SERVINGS

1 can (8 oz.) pineapple chunks
1 Tbsp. cornstarch
2 Tbsp. reduced-sodium soy sauce
1 tsp. brown sugar
1/8 to 1/4 tsp. crushed red pepper flakes
1/2 lb. pork tenderloin, cut into 2-in. strips
2 tsp. canola oil
1/2 cup green pepper strips
1/2 cup sweet red pepper strips
Hot cooked rice, optional

Drain pineapple, reserving juice in a 1-cup measuring cup; set pineapple aside. Add enough water to pineapple juice to measure 1/2 cup. In a small bowl; combine the cornstarch, soy sauce, brown sugar, pepper flakes and reserved juice mixture until smooth. Set aside.

In a nonstick skillet or wok, stir-fry pork in hot oil until meat is no longer pink. Remove and keep warm. In the same skillet, stir-fry peppers for 3-4 minutes or until just crisp-tender.

Return meat to skillet; add reserved pineapple. Stir pineapple juice mixture; add to skillet. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve with rice if desired.

Nutrition Facts: One serving (1 cup pork mixture, calculated without rice) equals 277 calories, 9 g fat (2 g saturated fat), 63 mg cholesterol, 661 mg sodium, 24 g carbohydrate, 2 g fiber, 24 g protein. **Diabetic Exchanges:** 3 lean meat, 1 fruit, 1 fat, 1/2 starch.

SPICY SWEET-SOUR PORK (ABOVE)
RANCH HAM 'N' CHEESE PASTA (ABOVE RIGHT)

WATCH YOUR SALT. A committee working on new U.S. dietary guidelines recommends that adults restrict their daily intake of sodium to no more than 1,500 mg (about 2/3 teaspoon of table salt), down from the current 2,300 mg. To reduce intake, cut back on processed foods, eat fresh produce and reduce portion sizes.

POULTRY

dijon-crusted chicken breasts

If you're craving fried chicken, this dish will hit the spot! A crisp and flavorful coating makes this easy entree feel special and indulgent.

Jacqueline Correa
LANDING, NEW JERSEY

PREP/TOTAL TIME: 25 MIN.
YIELD: 4 SERVINGS

- 1/3 cup dry bread crumbs
- 1 Tbsp. grated Parmesan cheese
- 1 tsp. Italian seasoning
- 1/2 tsp. dried thyme
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 4 boneless skinless chicken breast halves (4 oz. each)
- 2 Tbsp. Dijon mustard
- 1 tsp. olive oil
- 1 tsp. reduced-fat margarine

Place the first six ingredients in a shallow bowl. Brush chicken with mustard; roll in crumb mixture.

In a large nonstick skillet, cook chicken in oil and margarine over medium heat for 5-6 minutes on each side or until a meat thermometer reads 170°.

Nutrition Facts: 1 chicken breast half equals 169 calories, 5 g fat (1 g saturated fat), 63 mg cholesterol, 380 mg sodium, 6 g carbohydrate, trace fiber, 24 g protein. **Diabetic Exchanges:** 3 lean meat, 1/2 starch, 1/2 fat.

Editor's Note: *This recipe was tested with Parkay Light stick margarine.*

DIJON-CRUSTED CHICKEN BREASTS

tasty italian chicken

"A friend delivered this delicious dish to me and my husband after our first child was born."

Beth Ann Stein
RICHMOND, INDIANA

PREP/TOTAL TIME: 30 MIN.
YIELD: 4 SERVINGS

- 1/2 cup chopped onion
- 1-1/8 tsp. paprika, divided
- 3 tsp. olive oil, divided
- 1-1/4 cups water
- 1/4 cup tomato paste
- 1 bay leaf
- 1/2 tsp. reduced-sodium chicken bouillon granules
- 1/2 tsp. Italian seasoning
- 1/4 cup all-purpose flour
- 1-1/2 tsp. grated Parmesan cheese
- 1/2 tsp. salt
- 1/4 tsp. garlic powder
- 1/4 tsp. dried oregano
- 1-1/2 lbs. chicken tenderloins

In a small saucepan, saute onion and 1/8 tsp. paprika in 1 tsp. oil until tender. Stir in the water, tomato paste, bay leaf, bouillon and Italian seasoning. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes.

Meanwhile, in a large resealable plastic bag, combine the flour, Parmesan cheese, salt, garlic powder, oregano and remaining paprika. Add chicken; seal bag and shake to coat.

In a large nonstick skillet coated with cooking spray, cook half of the chicken in 1 tsp. oil for 2-3 minutes on each side or until no longer pink. Remove and keep warm; repeat with remaining chicken and oil. Discard bay leaf. Serve sauce with chicken.

Nutrition Facts: 4 oz. cooked chicken with 3 Tbsp. sauce equals 163 calories, 3 g fat (trace saturated fat), 67 mg cholesterol, 287 mg sodium, 8 g carbohydrate, 1 g fiber, 27 g protein. **Diabetic Exchanges:** 3 very lean meat, 1/2 starch, 1/2 fat.

TASTY ITALIAN CHICKEN (TOP)
COUNTRY CHICKEN WITH GRAVY (ABOVE)

PROTEIN'S A POSITIVE. The body needs a constant supply of protein to repair and rebuild cells that are worn or damaged. As a general rule, men should consume about 55 grams a day, while women should consume about 45 grams per day.

spinach and mushroom smothered chicken

Chicken breasts stay nice and moist with a mushroom and spinach topping served over a blanket of melted cheese. It tastes extra special but is not tricky to make.

Katrina Wagner
GRAIN VALLEY, MISSOURI

PREP/TOTAL TIME: 30 MIN.
YIELD: 4 SERVINGS

3 cups fresh baby spinach
1-3/4 cups sliced fresh mushrooms
3 green onions, sliced
2 Tbsp. chopped pecans
1-1/2 tsp. olive oil
4 boneless skinless chicken breast halves (4 oz. each)
1/2 tsp. rotisserie chicken seasoning
2 slices reduced-fat provolone cheese, halved

In a large skillet, saute the spinach, mushrooms, onions and pecans in oil until mushrooms are tender. Set aside and keep warm.

Sprinkle chicken with seasoning. Using long-handled tongs, moisten a paper towel with cooking oil and lightly coat the grill rack.

Grill chicken, covered, over medium heat or broil 4 in. from the heat for 4-5 minutes on each side or until a meat thermometer reads 170°.

Top with cheese. Cover and grill 2-3 minutes longer or until cheese is melted. To serve, top each chicken breast with reserved spinach mixture.

Nutrition Facts: 1 chicken breast half equals 203 calories, 9 g fat (2 g saturated fat), 68 mg cholesterol, 210 mg sodium, 3 g carbohydrate, 2 g fiber, 27 g protein. **Diabetic Exchanges:** 3 very lean meat, 1 vegetable, 1 fat.

SPINACH AND MUSHROOM SMOTHERED CHICKEN

country chicken with gravy

"This lightened-up entree is so quick! It was a hit the very first time we tried it."

Ruth Helmuth
ABBEVILLE, SOUTH CAROLINA

PREP/TOTAL TIME: 30 MIN.
YIELD: 4 SERVINGS

3/4 cup crushed cornflakes
1/2 tsp. poultry seasoning
1/2 tsp. paprika
1/4 tsp. dried thyme
1/4 tsp. salt
1/4 tsp. pepper
2 Tbsp. fat-free evaporated milk
4 boneless skinless chicken breast halves (4 oz. each)
2 tsp. canola oil

GRAVY:
1 Tbsp. butter
1 Tbsp. all-purpose flour
1/4 tsp. pepper
1/8 tsp. salt
1/2 cup fat-free evaporated milk
1/4 cup condensed chicken broth, undiluted
1 tsp. sherry or additional condensed chicken broth
2 Tbsp. minced chives

In a shallow bowl, combine the first six ingredients. Place milk in another shallow bowl. Dip chicken in milk, then roll in cornflake mixture.

In a large nonstick skillet coated with cooking spray, cook chicken in oil over medium heat for 6-8 minutes on each side or until a meat thermometer reads 170°.

Meanwhile, in a small saucepan, melt butter. Stir in the flour, pepper and salt until smooth. Gradually stir in the milk, broth and sherry. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Stir in chives. Serve with chicken.

Nutrition Facts: 1 chicken breast half with 2 Tbsp. gravy equals 274 calories, 8 g fat (3 g saturated fat), 72 mg cholesterol, 569 mg sodium, 20 g carbohydrate, trace fiber, 28 g protein. **Diabetic Exchanges:** 3 very lean meat, 1 starch, 1 fat.

blackened chicken and beans

"My husband loves any spicy food. But this is one quick-to-fix and low-fat recipe we both enjoy. While the chicken cooks, I like to put together individual salads of packaged shredded lettuce, chopped tomatoes and avocado with a sprinkling of shredded cheddar cheese."

Christine Zongker
SPRING HILL, KANSAS

PREP/TOTAL TIME: 15 MIN.
YIELD: 4 SERVINGS

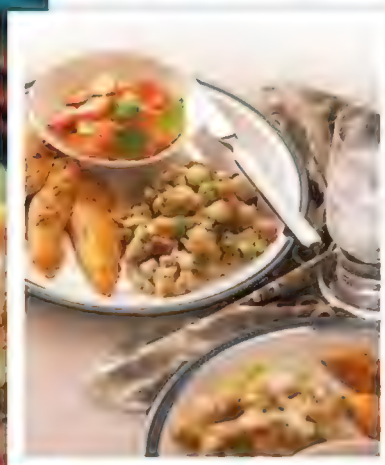
2 tsp. chili powder
1/4 tsp. salt
1/4 tsp. pepper
4 boneless skinless chicken breast halves (4 oz. each)
1 Tbsp. canola oil
1 can (15 oz.) black beans, rinsed and drained
1 cup frozen corn, thawed
1 cup chunky salsa

Combine the chili powder, salt and pepper; rub over both sides of chicken. In a large nonstick skillet, cook chicken in oil over medium heat for 4-5 minutes on each side or until a meat thermometer reads 170°. Remove and keep warm.

Add the beans, corn and salsa to skillet; bring to a boil. Reduce heat; cover and simmer for 2-3 minutes or until heated through. Transfer to a serving dish; serve with chicken.

Nutrition Facts: 1 chicken breast half with 3/4 cup bean mixture equals 297 calories, 7 g fat (1 g saturated fat), 63 mg cholesterol, 697 mg sodium, 30 g carbohydrate, 10 g fiber, 33 g protein. **Diabetic Exchanges:** 3 very lean meat, 2 starch, 1 fat.

BLACKENED CHICKEN AND BEANS (TOP LEFT)
TURKEY CUTLETS WITH COOL PEPPER SAUCE (LEFT)



CHICKEN TACOS WITH PINEAPPLE PICO DE GALLO (LEFT)
SPICY CHICKEN TENDERS (BELOW)

chicken tacos with pineapple pico de gallo

"The pineapple and mango are bursting with flavor and add great taste to these tacos."

Jenny Flake
NEWPORT BEACH, CALIFORNIA

PREP/TOTAL TIME: 30 MIN.
YIELD: 4 SERVINGS

1 cup chopped fresh pineapple
1/2 cup chopped peeled mango
2 Tbsp. minced fresh cilantro
1 Tbsp. finely chopped red onion
1 Tbsp. lime juice
3/4 tsp. salt, divided
2 cups cubed cooked chicken breast
1/2 tsp. ground cumin
1/4 tsp. salt-free garlic seasoning blend
8 corn tortillas (6 in.), warmed

For pico de gallo, in a small bowl, combine the pineapple, mango, cilantro, onion, lime juice and 1/4 tsp. salt. Set aside.

In a large nonstick skillet coated with cooking spray, cook and stir the chicken, cumin, seasoning blend and remaining salt until heated through. Spoon 1/4 cup onto each tortilla. Fold in sides. Serve with pico de gallo.

Nutrition Facts: 2 tacos with 1/3 cup pico de gallo equals 257 calories, 4 g fat (1 g saturated fat), 54 mg cholesterol, 572 mg sodium, 33 g carbohydrate, 4 g fiber, 24 g protein. **Diabetic Exchanges:** 3 very lean meat, 1-1/2 starch, 1/2 fruit.

spicy chicken tenders

These quick chicken bites are moist, delicious and boast traditional East Indian flavors of cinnamon, ginger and curry. "I serve this simple dish with rice and veggies for a great meal."

Carol Dodds
AURORA, ONTARIO

PREP/TOTAL TIME: 15 MIN.
YIELD: 2 SERVINGS

1 Tbsp. water
1/4 tsp. salt
1/4 tsp. crushed red pepper flakes
1/4 tsp. curry powder
1/8 tsp. each ground turmeric, ginger and cinnamon
1/8 tsp. paprika
1/2 lb. chicken tenderloins

In a small bowl, combine water and seasonings; brush over both sides of chicken tenders. Place in a large resealable plastic bag; seal bag and refrigerate for 15 minutes.

Place chicken on a broiler pan coated with cooking spray. Broil 3-4 in. from the heat for 3 minutes on each side or until meat is no longer pink.

Nutrition Facts: 3 oz. cooked chicken equals 108 calories, 1 g fat (trace saturated fat), 67 mg cholesterol, 343 mg sodium, 1 g carbohydrate, trace fiber, 26 g protein. **Diabetic Exchange:** 3 very lean meat.

turkey cutlets with cool pepper sauce

Crisp breading surrounds the tender turkey in this recipe. Topped with a sour-cream sauce with lively jalapeno and lemon, it has just the right kick!

Jeannie Klugh
LANCASTER, PENNSYLVANIA

PREP/TOTAL TIME: 25 MIN.
YIELD: 4 SERVINGS (1/2 CUP SAUCE)

3 Tbsp. reduced-fat sour cream
2 Tbsp. reduced-fat mayonnaise
2 Tbsp. minced seeded jalapeno pepper
2 tsp. lemon juice
1/4 tsp. grated lemon peel
1/8 tsp. plus 1/4 tsp. pepper, divided
1/2 cup seasoned bread crumbs
2 Tbsp. grated Parmesan cheese
1 Tbsp. minced fresh parsley
1 garlic clove, minced
1 pkg. (17.6 oz.) turkey breast cutlets
1 Tbsp. olive oil
Lemon wedges and sliced jalapeno peppers, optional

For sauce, in a small bowl, combine the sour cream, mayonnaise, jalapeno, lemon juice and peel and 1/8 tsp. pepper; set aside.

In a large resealable plastic bag, combine the bread crumbs, Parmesan cheese, parsley, garlic and remaining pepper. Add turkey, a few pieces at a time, and shake to coat.

In a large nonstick skillet, cook turkey in oil in batches over medium heat for 1-2 minutes on each side or until no longer pink. Serve with sauce. Garnish with lemon wedges and jalapenos if desired.

Nutrition Facts: 4 oz. cooked turkey with 2 Tbsp. sauce equals 242 calories, 9 g fat (2 g saturated fat), 78 mg cholesterol, 296 mg sodium, 9 g carbohydrate, 1 g fiber, 31 g protein. **Diabetic Exchanges:** 4 very lean meat, 1-1/2 fat, 1/2 starch.

Editor's Note: *When cutting hot peppers, disposable gloves are recommended. Avoid touching your face.*

asian turkey lettuce wraps

Chopped frozen vegetables make these wraps a snap to throw together. Stir in some Asian chili sauce if you want to spice it up a bit.

Susan Riley
ALLEN, TEXAS

PREP/TOTAL TIME: 20 MIN.
YIELD: 5 SERVINGS

1-1/4 lbs. extra-lean ground turkey

1 pkg. (16 oz.) frozen stir-fry vegetable blend, thawed

1/3 cup reduced-sodium teriyaki sauce

1/4 cup hoisin sauce

3 Tbsp. reduced-fat creamy peanut butter

2 Tbsp. minced fresh gingerroot

1 Tbsp. rice vinegar

1 Tbsp. sesame oil

3 garlic cloves, minced

4 green onions, chopped

10 Boston lettuce leaves

Additional hoisin sauce, optional

In a large nonstick skillet coated with cooking spray, cook and stir turkey over medium-high heat until no longer pink.

Coarsely chop mixed vegetables; add to the pan. Stir in the teriyaki sauce, hoisin sauce, peanut butter, ginger, vinegar and oil. Cook and stir over medium-high heat for 5 minutes. Add garlic; cook 1 minute longer.

Remove from the heat; stir in onions. Place a scant 1/2 cup turkey mixture on each lettuce leaf; fold lettuce over filling. Serve with additional hoisin sauce if desired.

Nutrition Facts: 2 wraps (calculated without additional hoisin sauce) equals 275 calories, 8 g fat (1 g saturated fat), 45 mg cholesterol, 686 mg sodium, 19 g carbohydrate, 4 g fiber, 34 g protein. **Diabetic Exchanges:** 3 lean meat, 1 starch, 1 vegetable, 1 fat.

kielbasa apple kabobs

"I rely on smoked sausage to make these colorful kabobs different from most. The meaty chunks are skewered with tart apples and colorful peppers, then basted with a mild sweet glaze."

taste of home fieldeditor **Edna Hoffman**
HEBRON, INDIANA

PREP/TOTAL TIME: 25 MIN.
YIELD: 8 SERVINGS

1/4 cup sugar
1 Tbsp. cornstarch
3/4 cup cranberry juice
2 Tbsp. cider vinegar
2 tsp. soy sauce
1 lb. smoked turkey kielbasa, cut into 1-1/2-in. pieces
2 medium tart apples, cut into wedges
1 medium sweet red pepper, cut into 1-in. pieces
1 medium green pepper, cut into 1-in. pieces

In a large saucepan, combine sugar and cornstarch. Stir in cranberry juice, vinegar and soy sauce. Bring to a boil; cook and stir for 1-2 minutes or until thickened.

On eight metal or soaked wooden skewers, alternately thread sausage, apples and peppers. Grill, uncovered, over indirect heat for 8 minutes or until heated through, turning and brushing with glaze occasionally.

Nutrition Facts: 1 kabob equals 136 calories, 3 g fat (1 g saturated fat), 35 mg cholesterol, 636 mg sodium, 17 g carbohydrate, 1 g fiber, 10 g protein. **Diabetic Exchanges:** 1 starch, 1 lean meat.

sweet onion 'n' sausage spaghetti

"Turkey sausage and sweet onion provide the great taste in this wholesome pasta dish. I toss it together with light cream, basil and tomatoes for a quick, springy meal in minutes."

Mary Relyea
CANASTOTA, NEW YORK

PREP/TOTAL TIME: 30 MIN.
YIELD: 5 SERVINGS

6 oz. uncooked whole wheat spaghetti
3/4 lb. Italian turkey sausage links, casings removed
2 tsp. olive oil
1 sweet onion, thinly sliced
1 pint cherry tomatoes, halved
1/2 cup loosely packed fresh basil leaves, thinly sliced
1/2 cup half-and-half cream
Shaved Parmesan cheese, optional

Cook spaghetti according to package directions. Meanwhile, in a large nonstick skillet over medium heat, cook sausage in oil for 5 minutes. Add onion; cook 8-10 minutes longer or until meat is no longer pink and onion is tender.

Stir in tomatoes and basil; heat through. Add cream; bring to a boil. Drain spaghetti; toss with sausage mixture. Garnish with cheese if desired.

Nutrition Facts: 1-1/4 cups (calculated without Parmesan cheese) equals 305 calories, 11 g fat (4 g saturated fat), 48 mg cholesterol, 442 mg sodium, 33 g carbohydrate, 6 g fiber, 18 g protein. **Diabetic Exchanges:** 2 lean meat, 1-1/2 starch, 1 vegetable, 1 fat.

GET YOUR FRUITS & VEGGIES ON. An essential factor in dieting is the addition of fruits and vegetables. They supply valuable antioxidants and phytonutrients, which can help prevent disease. They also provide your body with vitamins, minerals and fiber, and they're low in calories. To easily get a wide spectrum of vital nutrients, try eating fruits and vegetables in a mixture of colors.

SWEET ONION 'N' SAUSAGE SPAGHETTI

chipotle-sparked mustard salmon

This oven-baked salmon packs the huge flavors of chipotle, stone-ground mustard and horseradish.

Helen Conwell
FAIRHOPE, ALABAMA

PREP/TOTAL TIME: 25 MIN.
YIELD: 6 SERVINGS

6 salmon fillets (4 oz. each)
1/4 cup reduced-fat mayonnaise
1/4 cup prepared horseradish
1/4 cup stone-ground mustard
1/4 tsp. lemon-pepper seasoning
1 tsp. minced chipotle pepper in adobo sauce
1 tsp. snipped fresh dill

Place salmon in a foil-lined 15-in. x 10-in. x 1-in. baking pan. Combine the mayonnaise, horseradish, mustard, lemon-pepper and chipotle pepper; spread over fillets.

Bake at 350° for 15-20 minutes or until fish flakes easily with a fork. Sprinkle with dill.

Nutrition Facts: 1 fillet equals 260 calories, 16 g fat (3 g saturated fat), 70 mg cholesterol, 407 mg sodium, 4 g carbohydrate, 1 g fiber, 23 g protein. **Diabetic Exchanges:** 3 lean meat, 1-1/2 fat.

oven-fried fish nuggets

"These buttery-tasting fish bites are good for you. My husband and I love fried fish, but we're both trying to cut back on fat. I made up this recipe, and it was a huge hit. He tells me that he likes it as much as deep-fried fish, and that's saying a lot!"

taste of home fieldeditor **LaDonna Reed**
PONCA CITY, OKLAHOMA

PREP/TOTAL TIME: 25 MIN.
YIELD: 4 SERVINGS

1/3 cup seasoned bread crumbs
1/3 cup crushed cornflakes
3 Tbsp. grated Parmesan cheese
1/2 tsp. salt
1/4 tsp. pepper
1-1/2 lbs. cod fillets, cut into 1-in. cubes
Butter-flavored cooking spray

In a shallow bowl, combine the bread crumbs, cornflakes, Parmesan cheese, salt and pepper. Coat fish with butter-flavored spray, then roll in crumb mixture.

Place on a baking sheet coated with cooking spray. Bake at 375° for 15-20 minutes or until fish flakes easily with a fork.

Nutrition Facts: 1 serving equals 171 calories, 2 g fat (1 g saturated fat), 66 mg cholesterol, 415 mg sodium, 7 g carbohydrate, trace fiber, 29 g protein. **Diabetic Exchanges:** 5 very lean meat, 1/2 starch.

OVEN-FRIED FISH NUGGETS

soft fish tacos

"The combination with tilapia and cabbage may seem unusual, but after one bite, everyone's hooked!"

Carrie Billups
FLORENCE, OREGON

PREP/TOTAL TIME: 25 MIN.
YIELD: 5 SERVINGS

4 cups coleslaw mix
1/2 cup fat-free tartar sauce
1/2 tsp. salt
1/2 tsp. ground cumin
1/4 tsp. pepper
1-1/2 lbs. tilapia fillets
2 Tbsp. olive oil
1 Tbsp. lemon juice
10 corn tortillas (6 in.), warmed

In a large bowl, toss the coleslaw mix, tartar sauce, salt, cumin and pepper; set aside. In a large nonstick skillet coated with cooking spray, cook tilapia in oil and lemon juice over medium heat for 4-5 minutes on each side or until fish flakes easily with a fork.

Place tilapia on tortillas; top with coleslaw mixture. Serve with cheese, tomato and avocado if desired.

Nutrition Facts: 2 tacos (calculated without optional toppings) equals 310 calories, 8 g fat (2 g saturated fat), 66 mg cholesterol, 542 mg sodium, 31 g carbohydrate, 4 g fiber, 29 g protein. **Diabetic Exchanges:** 4 very lean meat, 2 starch, 1 fat.

SOFT FISH TACOS

SATURATED & TRANS FAT. LDL (bad) cholesterol, which increases a person's risk of developing coronary artery disease, is found in saturated fat and trans fat. Trans fats can also decrease HDL (good) cholesterol. Limit saturated fat, mostly found in high-fat meats and dairy foods, to 17 grams a day. Limit trans fats as often as you can, and try to stay below 1.5 to 2.0 grams per day. Foods containing trans fat include vegetable shortening, stick margarine, fried foods, processed foods and store-bought baked goods.

tomato walnut tilapia

Tomato, bread crumbs and crunchy walnuts dress up tilapia fillets in this delightful recipe. "I often serve it with cooked julienne carrots and green beans."

Phyl Broich-Wessling
GARNER, IOWA

PREP/TOTAL TIME: 20 MIN.
YIELD: 4 SERVINGS

4 tilapia fillets (4 oz. each)
1/4 tsp. salt
1/4 tsp. pepper
1 Tbsp. butter
1 medium tomato, thinly sliced

TOPPING:
1/2 cup soft bread crumbs
1/4 cup chopped walnuts
2 Tbsp. lemon juice
1-1/2 tsp. butter, melted

Sprinkle fillets with salt and pepper. In a large ovenproof skillet coated with cooking spray, cook fillets in butter over medium-high heat for 2-3 minutes on each side or until lightly browned.

Place tomato slices over fish. Combine the topping ingredients; spoon over tomato. Broil 3-4 in. from the heat for 2-3 minutes or until topping is lightly browned and fish flakes easily with a fork.

Nutrition Facts: 1 fillet equals 205 calories, 10 g fat (3 g saturated fat), 67 mg cholesterol, 265 mg sodium, 7 g carbohydrate, 1 g fiber, 24 g protein. **Diabetic Exchanges:** 3 lean meat, 2 fat, 1/2 starch.

VEGGIE TUNA BURGERS

MONITOR YOUR CHOLESTEROL.

Although saturated and trans fats have a larger effect on blood cholesterol than eating foods high in cholesterol, you should still limit your daily intake of cholesterol to 300 mg. Cholesterol is found in foods such as eggs, meat and dairy products.

veggie tuna burgers

"You don't have to be a health nut to enjoy these moist and nutritious burgers. I've found they're an easy way to get my children to eat their vegetables."

Laura Davis
RUSTON, LOUISIANA

PREP/TOTAL TIME: 30 MIN.
YIELD: 6 SERVINGS

1/4 cup finely chopped onion
1 garlic clove, minced
1 cup each shredded zucchini, yellow summer squash and carrots
1 egg, lightly beaten
2 cups soft whole wheat bread crumbs
1 can (6 oz.) light water-packed tuna, drained and flaked
1/4 tsp. salt
1/4 tsp. pepper
1 tsp. butter
6 hamburger buns, split
6 slices reduced-fat cheddar cheese
6 lettuce leaves
6 slices tomato

In a large nonstick skillet coated with cooking spray, saute onion and garlic for 1 minute. Add the zucchini, yellow squash and carrots; saute until tender. Drain and cool to room temperature.

In a large bowl, combine the egg, bread crumbs, tuna, salt and pepper. Add vegetable mixture. Shape into six 3-1/2-in. patties.

Coat the same skillet again with cooking spray; cook patties in butter for 3-5 minutes on each side or until lightly browned. Serve on buns with cheese, lettuce and tomato.

Nutrition Facts: 1 burger equals 275 calories, 8 g fat (4 g saturated fat), 58 mg cholesterol, 643 mg sodium, 32 g carbohydrate, 3 g fiber, 20 g protein. **Diabetic Exchanges:** 2 starch, 2 lean meat, 1 vegetable.

broiled scallops

These quick scallops are perfect for two. They look like they were prepared in a fancy restaurant. And taste like it, too!

Susan Coryell
HUDDLESTON, VIRGINIA

PREP/TOTAL TIME: 25 MIN.
YIELD: 2 SERVINGS

2 green onions, sliced
1 garlic clove, minced
2 tsp. olive oil
12 oz. sea scallops
2 tsp. minced fresh parsley
1 tsp. finely chopped fresh basil
1/4 cup vermouth or chicken broth
1/8 tsp. salt
1/8 tsp. white pepper
1/3 cup soft bread crumbs
2 tsp. butter

In a nonstick skillet, saute onions and garlic in oil until tender. Add the scallops, parsley and basil; cook and stir over medium heat until scallops are firm and opaque. Add the vermouth or broth, salt and pepper; cook, uncovered, over medium-low heat for 1 minute.

Divide mixture evenly between two ovenproof 1-1/2-cup dishes. Sprinkle with bread crumbs; dot with butter. Broil 4-6 in. from the heat until crumbs are golden.

Nutrition Facts: 1 serving equals 296 calories, 10 g fat (3 g saturated fat), 66 mg cholesterol, 506 mg sodium, 13 g carbohydrate, 1 g fiber, 30 g protein. **Diabetic Exchanges:** 4 very lean meat, 2 fat, 1 starch.

cajun shrimp and rice

"I have a friend with Celiac disease, and I serve this when she comes over for lunch. It lets her have something besides meat and potatoes. It's become a requested recipe."

Ruth Miller
BOYERTOWN, PENNSYLVANIA

PREP/TOTAL TIME: 10 MIN.
YIELD: 4 SERVINGS

1 pkg. (8.8 oz.) ready-to-serve long grain rice
1 lb. uncooked medium shrimp, peeled and deveined
2 tsp. Cajun seasoning
1 Tbsp. olive oil
1 Tbsp. butter
1-1/2 tsp. minced garlic
1 pkg. (6 oz.) frozen snow peas, thawed

Cook rice according to package directions. Meanwhile, in a large skillet, saute shrimp and Cajun seasoning in oil and butter until shrimp turn pink. Add garlic; cook 1 minute later. Add peas and rice. Cook 2-3 minutes or until heated through.

Nutrition Facts: 1 cup equals 269 calories, 8 g fat (3 g saturated fat), 176 mg cholesterol, 550 mg sodium, 23 g carbohydrate, 1 g fiber, 21 g protein. **Diabetic Exchanges:** 3 lean meat, 1-1/2 starch, 1/2 fat.

CAJUN SHRIMP AND RICE

anytime frittata

"We enjoy frittatas often at our house. They're a great way to use up leftover vegetables, cheese and meat." Enjoy this tomato and feta variation with fruit and biscuits for a light dinner.

Lynne Van Wagenen
SALT LAKE CITY, UTAH

PREP/TOTAL TIME: 30 MIN.
YIELD: 4 SERVINGS

1-1/4 cups egg substitute
2 eggs
1/2 tsp. dried oregano
1/8 tsp. pepper
1 small onion, chopped
1 garlic clove, minced
1 tsp. butter
3 plum tomatoes, chopped
1/2 cup crumbled feta cheese
2 Tbsp. capers, drained

In a small bowl, whisk the egg substitute, eggs, oregano and pepper; set aside. In a 10-in. oven-proof skillet, saute onion and garlic in butter for 2 minutes. Stir in tomatoes; heat through.

Pour reserved egg mixture into skillet. Reduce heat; cover and cook for 4-6 minutes or until nearly set.

Sprinkle with cheese and capers. Broil 3-4 in. from the heat for 2-3 minutes or until eggs are completely set. Let stand for 5 minutes. Cut into wedges.

Nutrition Facts: 1 wedge equals 138 calories, 6 g fat (3 g saturated fat), 116 mg cholesterol, 465 mg sodium, 6 g carbohydrate, 2 g fiber, 14 g protein. **Diabetic Exchanges:** 2 lean meat, 1 vegetable, 1/2 fat.

DELUXE GRILLED CHEESE

ANYTIME FRITTATA

deluxe grilled cheese

With a few simple tricks, the flavor of these fantastic, hearty sandwiches was enhanced, but the fat, calories and cholesterol were slashed in half!

Taste of Home Test Kitchen

PREP/TOTAL TIME: 15 MIN.
YIELD: 2 SERVINGS

1 small onion, halved and thinly sliced
4 slices French bread (1/2 in. thick)
Butter-flavored cooking spray
1 oz. herbed fresh goat cheese
1/2 small tart apple, thinly sliced
1/2 cup shredded reduced-fat cheddar cheese

In a small skillet coated with cooking spray, saute onion until tender; set aside.

Place bread slices on a baking sheet; spritz with butter-flavored cooking spray. Broil 4 in. from the heat for 2-3 minutes or until golden brown.

Spread goat cheese over two untoasted sides of bread slices. Top with apple slices and reserved onion; sprinkle with cheddar cheese. Broil 2-3 minutes longer or until cheese is melted. Top with remaining slices.

Nutrition Facts: 1 sandwich equals 225 calories, 12 g fat (6 g saturated fat), 30 mg cholesterol, 400 mg sodium, 18 g carbohydrate, 2 g fiber, 12 g protein. **Diabetic Exchanges:** 2 medium-fat meat, 1 starch.

TOMATO-BASIL PITA PIZZAS (ABOVE)

tomato-basil pita pizzas

"This is one of my favorite warm-weather recipes. It's so easy and so tasty!"

Barbara Annino
GALENA, ILLINOIS

PREP/TOTAL TIME: 20 MIN.
YIELD: 2 SERVINGS

2 pita breads (6 in.)
2 plum tomatoes, thinly sliced
8 fresh basil leaves, thinly sliced
1/4 cup shredded Asiago cheese
2 tsp. olive oil

Place pita breads on an ungreased baking sheet. Layer with tomatoes, basil and cheese; drizzle with oil. Bake at 350° for 12-14 minutes or until cheese is melted.

Nutrition Facts: 1 pizza equals 269 calories, 9 g fat (3 g saturated fat), 12 mg cholesterol, 362 mg sodium, 37 g carbohydrate, 2 g fiber, 10 g protein. **Diabetic Exchanges:** 2 starch, 1 lean meat, 1 vegetable, 1 fat.

CHOOSE FATS WISELY. Although fat seems like a dangerous word to incorporate into any diet, there are some healthy fats you can pick from. Monounsaturated and polyunsaturated fats, found in olive and canola oils and nuts and seeds, are all healthier options. Adults should limit fat to about 30% of their calories each day—that's no more than 50 grams of fat if you are consuming 1,400 to 1,500 calories a day.

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Signature: Jim Woods,
Vice President, Planning, Consumer Marketing

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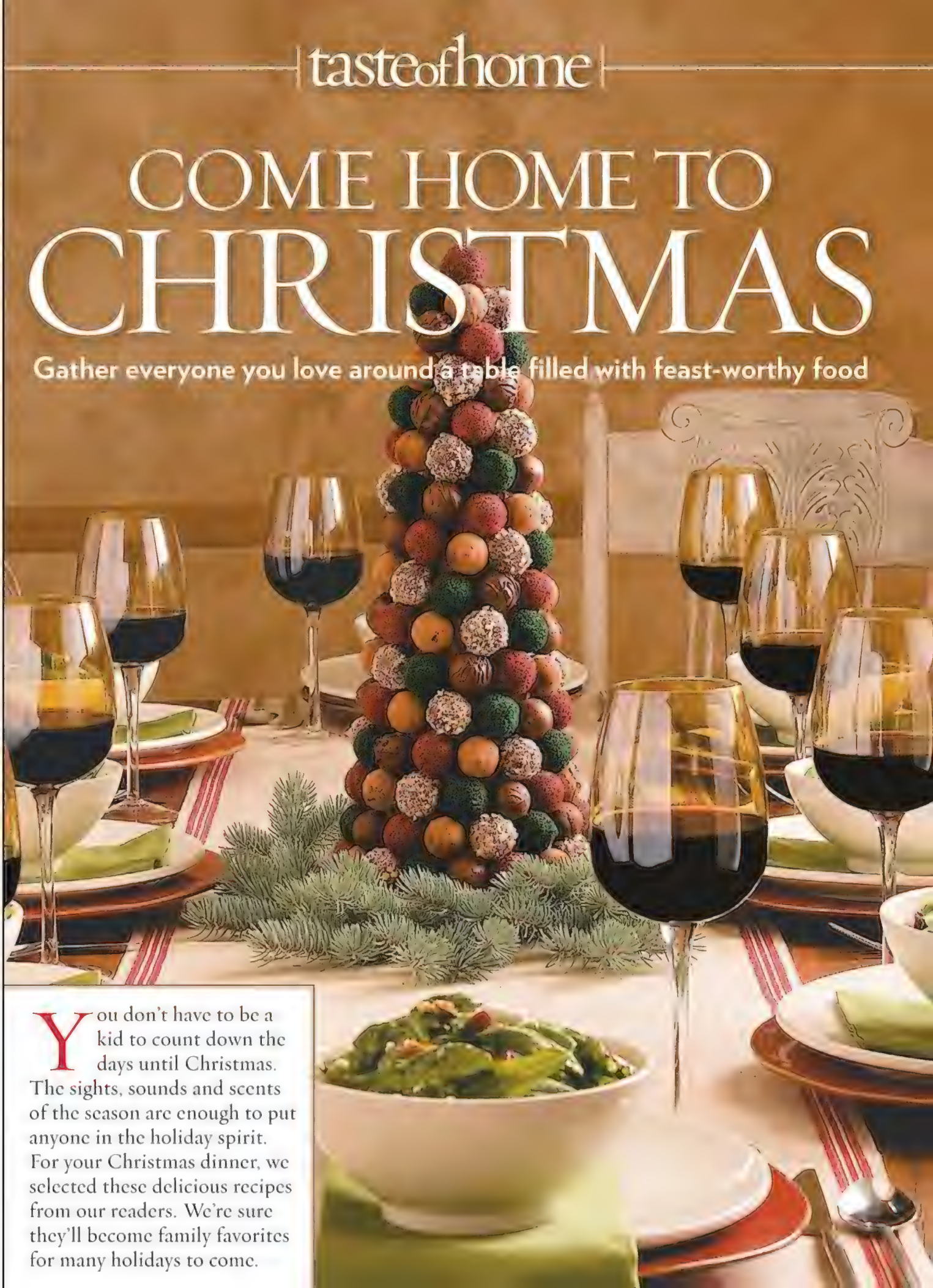
taste of home

COME HOME TO CHRISTMAS

Gather everyone you love around a table filled with feast-worthy food



You don't have to be a kid to count down the days until Christmas. The sights, sounds and scents of the season are enough to put anyone in the holiday spirit. For your Christmas dinner, we selected these delicious recipes from our readers. We're sure they'll become family favorites for many holidays to come.

Christmas Dinner

Make-Ahead Marinated Shrimp
Squash Apple Soup
Special Occasion Salad
Herbed Italian Rib Roast
Stuffed Pork Loin with Currant Sauce
Baked Parmesan Broccoli
Bacon, Cremini & Brie Potatoes
Christmas Cranberry Salad

FOR OUR FABULOUS SELECTION OF HOLIDAY DESSERTS, TURN TO PAGE 95

special occasion salad

"This simple salad consistently gets rave reviews. Feel free to change the types of greens and dried fruit. You can also substitute candied pecans for the almonds."

Jean Follmer
LAFAYETTE, CALIFORNIA

PREP/TOTAL TIME: 20 MIN.
YIELD: 16 SERVINGS (3/4 CUP EACH)

1 pkg. (6 oz.) fresh baby spinach
1 pkg. (5 oz.) fresh arugula or additional baby spinach
1/2 cup dried cherries
1/3 cup sliced almonds, toasted
1/4 cup olive oil
1/4 cup balsamic vinegar
1/2 tsp. salt
1/4 tsp. pepper
1 cup crumbled goat cheese

In a salad bowl, combine the spinach, arugula, cherries and almonds. Combine the oil, vinegar, salt and pepper; drizzle over salad and toss to coat. Sprinkle with goat cheese. Serve immediately.

Nutrition Facts: 3/4 cup equals 83 calories, 7 g fat (2 g saturated fat), 9 mg cholesterol, 121 mg sodium, 5 g carbohydrate, 1 g fiber, 2 g protein.

herbed italian rib roast

With its tender veggies and great herb flavor, this beef roast is a standout anytime you serve it. "I like to roast extra vegetables and make a quick hash with the leftovers."

taste of home fieldeditor **Lillian Julow**
GAINESVILLE, FLORIDA

PREP: 30 MIN. BAKE: 1-3/4 HOURS + STANDING
YIELD: 10 SERVINGS

1 bone-in beef rib roast (4 to 5 lbs.)
2 lbs. Yukon gold potatoes, peeled and quartered
1 lb. parsnips, quartered
1 lb. carrots, quartered
2 large onions, cut into wedges
1/2 cup butter, melted
2 Tbsp. dried rosemary, crushed
2 Tbsp. dried oregano
1 tsp. salt
1/4 tsp. pepper

Place roast in a large shallow roasting pan. Bake, uncovered, at 350° for 45 minutes.

In a large bowl, combine the potatoes, parsnips, carrots and onions. Drizzle with butter; toss to coat. Spoon vegetables around roast; sprinkle with rosemary, oregano, salt and pepper. Bake 1 to 1-1/4 hours longer or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145°; medium, 160°; well-done, 170°), stirring vegetables occasionally. Let stand for 10 minutes before slicing.

squash apple soup

Rich and creamy, this squash soup with a hint of apple makes a special first course or a hearty winter warm-up alongside a sandwich.

Holly Wilhelm
SIOUX FALLS, SOUTH DAKOTA

PREP: 20 MIN. COOK: 25 MIN.
YIELD: 7 SERVINGS

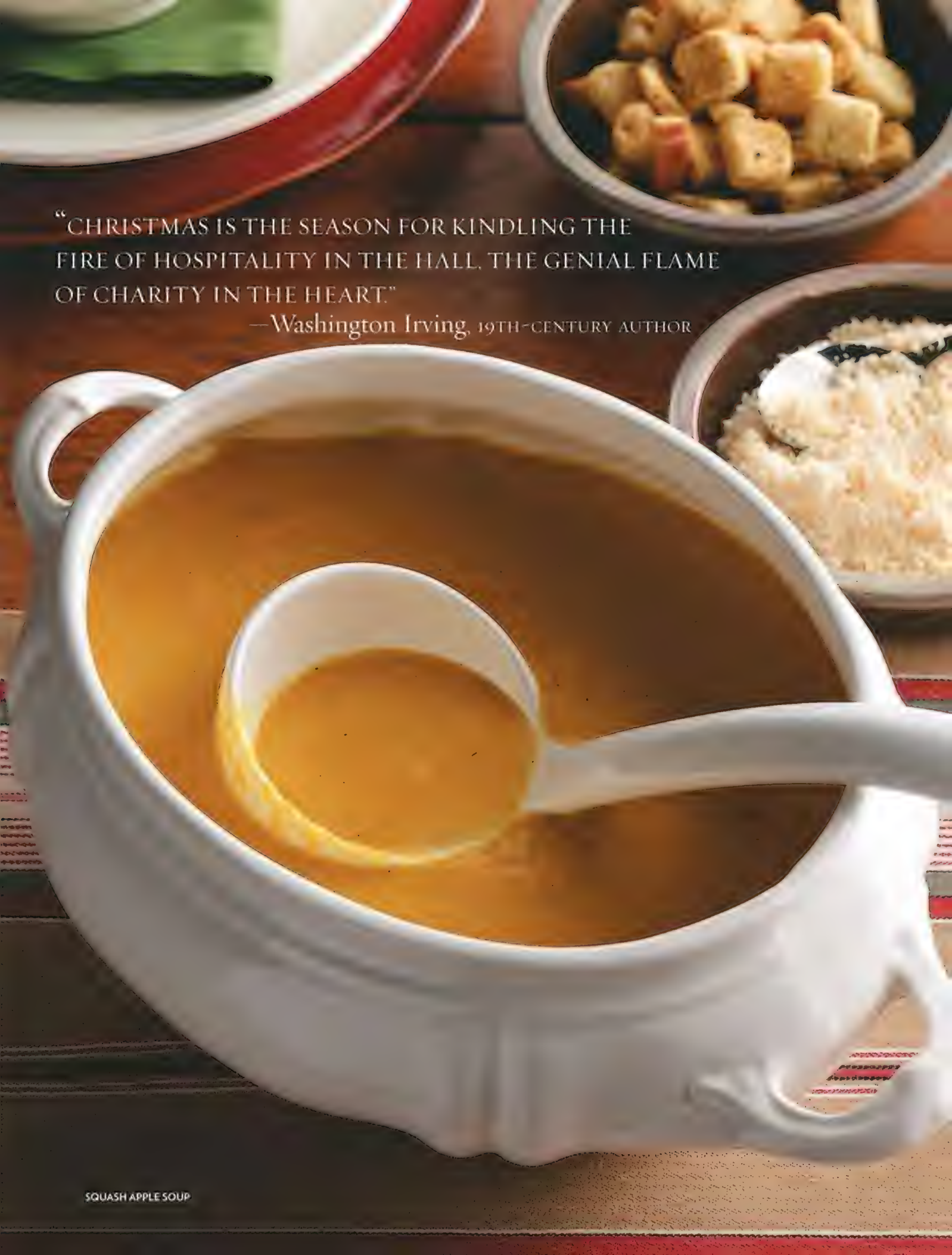
3 celery ribs, chopped
1 large apple, peeled and chopped
1 small onion, chopped
1 Tbsp. olive oil
1 Tbsp. butter
1 garlic clove, minced
1/2 tsp. poultry seasoning
1/4 tsp. salt
1/4 tsp. pepper
2 cans (14-1/2 oz. each) chicken broth, divided
2 pkg. (12 oz. each) frozen cooked winter squash, thawed
Salad croutons and grated Parmesan cheese, optional

In a large saucepan, saute the celery, apple and onion in oil and butter until tender. Stir in the garlic, poultry seasoning, salt and pepper; cook 1 minute longer.

In a blender, combine 1 cup broth and the vegetable mixture; cover and process until smooth. Return to the pan; add squash and remaining broth. Heat through. Serve with croutons and cheese if desired.

Nutrition Facts: 1 cup (calculated without croutons and cheese) equals 97 calories, 4 g fat (1 g saturated fat), 7 mg cholesterol, 620 mg sodium, 15 g carbohydrate, 4 g fiber, 2 g protein. **Diabetic Exchanges:** 1 starch, 1/2 fat.

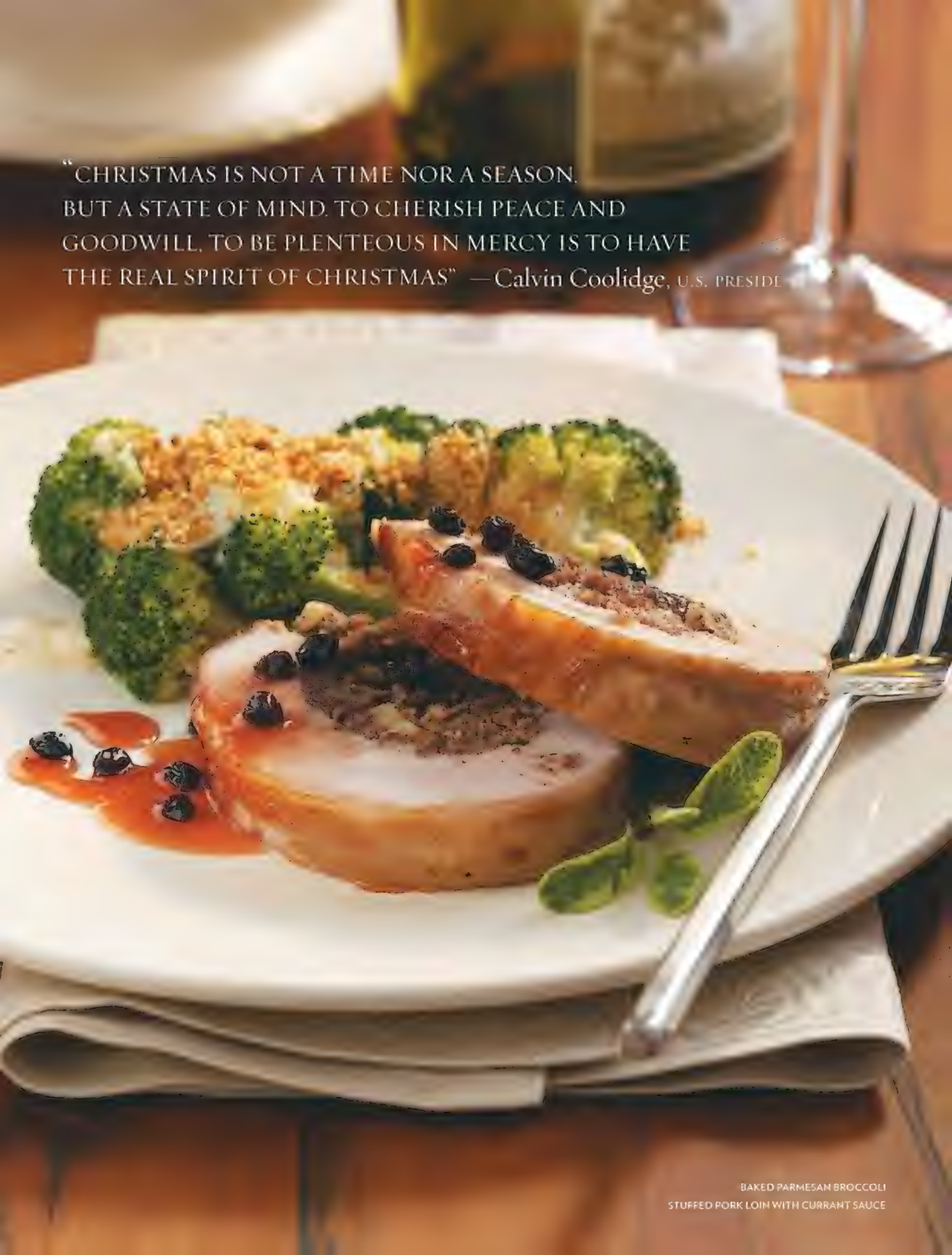
THE CHRISTMAS DINNER TABLE. Serve up (in photo at top) Herbed Italian Rib Roast and Special Occasion Salad. The recipe for Easy Yeast Rolls is on page 40. Learn how to make the Truffle Topiary centerpiece on page 90.



"CHRISTMAS IS THE SEASON FOR KINDLING THE FIRE OF HOSPITALITY IN THE HALL, THE GENIAL FLAME OF CHARITY IN THE HEART."

—Washington Irving, 19TH-CENTURY AUTHOR

SQUASH APPLE SOUP



"CHRISTMAS IS NOT A TIME NOR A SEASON,
BUT A STATE OF MIND. TO CHERISH PEACE AND
GOODWILL, TO BE PLENTEOUS IN MERCY IS TO HAVE
THE REAL SPIRIT OF CHRISTMAS" —Calvin Coolidge, U.S. PRESIDE

BAKED PARMESAN BROCCOLI
STUFFED PORK LOIN WITH CURRANT SAUCE

stuffed pork loin with currant sauce

"You can serve this scrumptious entree anytime of year, but it is especially nice for the holidays. It looks so pretty served with the red currant sauce and garnished with fresh parsley."

Gloria Bradley
NAPERVILLE, ILLINOIS

PREP: 30 MIN. BAKE: 1 HOUR + STANDING
YIELD: 12 SERVINGS (1-1/4 CUPS SAUCE)

3/4 cup chopped walnuts, toasted
3/4 lb. bulk pork sausage
1 medium apple, peeled and finely chopped
1 garlic clove, minced
1 egg, beaten
1 Tbsp. minced fresh parsley
1/4 tsp. salt
1/4 tsp. pepper
1 boneless whole pork loin roast (3 to 4 lbs.)
1/3 cup apple butter

SAUCE:
1 cup red currant jelly
2 Tbsp. honey
1 Tbsp. dried currants
2 tsp. cider vinegar
1/4 tsp. hot pepper sauce

Place walnuts in a food processor; cover and process until ground. Set aside.

In a large skillet, cook the sausage, apple and garlic over medium heat until meat is no longer pink. Drain; cool slightly. Stir in the ground walnuts, egg, parsley, salt and pepper.

Cut a lengthwise slit down the center of the roast to within 1/2 in. of bottom. Open roast so it lies flat. Starting at the center, split each half of roast horizontally to within 1/2 in. of edge. Open halves so roast lies flat. Cover with plastic wrap. Flatten to 1/2-in. thickness. Remove plastic.

Brush roast with apple butter; spoon sausage mixture over the top. Roll up jelly-roll style, starting with a long side. Tie with kitchen string at 2-in. intervals. Place on a rack in a shallow baking pan.

Bake, uncovered, at 350° for 1 to 1-1/2 hours or until a meat thermometer reads 160°. Let stand for 10-15 minutes before slicing. In a small saucepan, heat the sauce ingredients until smooth. Serve with roast.

bacon, cremini & brie potatoes

"This is my version of an ultimate baked potato. Rich Brie, crispy bacon and cremini mushrooms transform the humble baked potato into something really special."

Jan Valdez
CHICAGO

PREP: 10 MIN. BAKE: 50 MIN.
YIELD: 4 SERVINGS

4 medium potatoes
4 tsp. olive oil
1/2 tsp. salt
6 bacon strips, chopped
1/2 lb. sliced baby portobello (cremini) mushrooms
4 oz. Brie cheese, sliced
Chopped fresh chives, optional

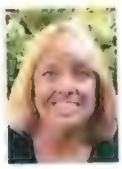
Scrub and pierce potatoes. Rub potato skins with oil; sprinkle with salt. Bake at 400° for 50-60 minutes or until tender.

In a large skillet, cook bacon over medium heat until crisp. Remove to paper towels with a slotted spoon; drain, reserving 2 Tbsp. drippings. Saute mushrooms in the drippings.

Cut a 2-in. "X" in tops of potatoes; insert cheese slices. Top with mushrooms, bacon and chives.

BROCCOLI BITS. To use up leftover broccoli stems, peel the tough skin lengthwise with a sharp paring knife, then slice or chop to use in another recipe. You can substitute steamed cauliflower for some of the broccoli in the recipe below.

baked parmesan broccoli



"I began making this creamy side dish years ago as a way to get my kids to eat broccoli. They've since grown but still request this satisfying dish."

Barbara Uhl
WESLEY CHAPEL, FLORIDA

PREP: 30 MIN. BAKE: 15 MIN.
YIELD: 12 SERVINGS (3/4 CUP EACH)

4 bunches broccoli, cut into florets
6 Tbsp. butter, divided
1 small onion, finely chopped
1 garlic clove, minced
1/4 cup all-purpose flour
2 cups 2% milk
1 egg yolk, beaten
1 cup grated Parmesan cheese
1/2 tsp. salt
1/8 tsp. pepper
1/2 cup seasoned bread crumbs

Place half of broccoli in a steamer basket; place in a large saucepan over 1 in. of water. Bring to a boil; cover and steam for 3-4 minutes or until crisp-tender. Place in a greased 13-in. x 9-in. baking dish; repeat with remaining broccoli.

Meanwhile, in a small saucepan over medium heat, melt 4 Tbsp. butter. Add onion; cook and stir until tender. Add garlic; cook 1 minute longer.

Stir in flour until blended; gradually add milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir a small amount of hot mixture into egg yolk; return all to the pan, stirring constantly. Cook and stir 1 minute longer. Remove from the heat; stir in the cheese, salt and pepper.

Pour over broccoli. In a small skillet, cook bread crumbs in remaining butter until golden brown; sprinkle over the top.

Bake, uncovered, at 400° for 15-18 minutes or until heated through.

christmas cranberry salad

"This delicious holiday salad is very popular in my family and has been requested every year since I first brought it to Christmas Eve dinner. The refreshing, not-too-sweet flavor goes well with just about any meat."

Jennifer Mastnick
HARTVILLE, OHIO

PREP: 30 MIN. + CHILLING
YIELD: 12 SERVINGS.

2 pkg. (3 oz. each) raspberry gelatin
2 cups boiling water, divided
1 can (14 oz.) whole-berry cranberry sauce
2 Tbsp. lemon juice
1 cup heavy whipping cream
1 pkg. (8 oz.) cream cheese, softened
1/2 cup chopped pecans

In a small bowl, dissolve gelatin in 1 cup boiling water. In another bowl, combine cranberry sauce and remaining water; add gelatin mixture and lemon juice. Pour into a 13-in. x 9-in. dish coated with cooking spray; refrigerate until firm, about 1 hour.

In a large bowl, beat cream until stiff peaks form. In another bowl, beat cream cheese until smooth. Stir in 1/2 cup whipped cream; fold in remaining whipped cream. Spread over gelatin mixture; sprinkle with pecans. Refrigerate for at least 2 hours.

Fashion a Truffle Topiary for Your Christmas Table

Start by making the Delectable Maple Nut Chocolates on page 99. To create the different colored balls, roll the candies in red- and green-colored sugar, finely chopped almonds and cocoa powder.

Cover a 12-inch Styrofoam cone with foil if desired. Attach the coated chocolates to the cone by sticking one end of a toothpick into the candy and the other end into the cone. Cover the entire cone with as many chocolates as will fit attractively.

make-ahead marinated shrimp

"Dress up your holiday buffet table with this tasty shrimp recipe. You'll have time to enjoy your party because this appetizer is so easy to prepare."

Phyllis Schmalz
KANSAS CITY, KANSAS

PREP: 15 MIN. + MARINATING
YIELD: 6 CUPS.

3/4 cup water
1/2 cup red wine vinegar
1/4 cup olive oil
3/4 tsp. salt
3/4 tsp. minced fresh oregano or 1/4 tsp. dried oregano
3/4 tsp. minced fresh thyme or 1/4 tsp. dried thyme
1 garlic clove, minced
1/4 tsp. pepper
1-1/2 lbs. peeled and deveined cooked jumbo shrimp
1 can (14 oz.) water-packed artichoke hearts, rinsed, drained and halved
1/2 lb. small fresh mushrooms, halved

In a large resealable plastic bag, combine the first eight ingredients. Add the shrimp, artichokes and mushrooms; seal and turn to coat. Refrigerate for eight hours or overnight, turning occasionally.

Nutrition Facts: 1/3 cup equals 81 calories, 4 g fat (trace saturated fat), 57 mg cholesterol, 210 mg sodium, 3 g carbohydrate, trace fiber, 9 g protein. **Diabetic Exchanges:** 1 lean meat, 1/2 fat.

MORE ONLINE

Need holiday baking ideas? Visit **tasteofhome.com/holidaybaking** for stollen, fruitcake, muffins and more

Put Out Your Holiday Best

Our *Best Holiday Recipes 2010* cookbook contains more than 300 scrumptious recipes for appetizers, entrees, desserts and more to help you celebrate Thanksgiving, Christmas and New Year's deliciously. Find it on newsstands through Dec. 27.

"AT CHRISTMAS, PLAY AND MAKE GOOD CHEER, FOR CHRISTMAS COMES BUT ONCE A YEAR...."

—Thomas Tusser

16TH-CENTURY POET AND FARMER

MAKE-AHEAD MARINATED SHRIMP

McCormick

Live deliciously™

1 delicious recipe

3 kinds of cookies

Lots of happy memories

McCormick® Gingerbread Men

3 cups flour
2 tsp. **McCormick Ground Ginger**
1 tsp. **McCormick Ground Cinnamon**
1 tsp. baking soda
½ tsp. **McCormick Ground Nutmeg**
¼ tsp. salt
¾ cup (1½ sticks) butter, softened
¾ cups firmly packed brown sugar
½ cup molasses
1 egg
1 tsp. **McCormick Pure Vanilla Extract**

MIX flour, ginger, cinnamon, baking soda, nutmeg and salt. Beat butter and sugar in large bowl with electric mixer on medium speed until light and fluffy. Add molasses, egg and vanilla; beat well. Gradually beat in flour mixture on low speed until well mixed. Press dough into a thick flat disk. Wrap in plastic wrap. Refrigerate 4 hours or overnight.

ROLL out dough to ¼-inch thickness on lightly floured work surface. Cut into gingerbread men shapes with 5-inch cookie cutter. Place 1-inch apart on ungreased baking sheets.

BAKE in preheated 350°F oven 8 to 10 minutes or until edges of cookies are set and just beginning to brown. Cool on baking sheets 1 to 2 minutes. Remove to wire racks; cool completely. Decorate as desired. Makes 2 dozen.

Visit mccormick.com to learn how to use this gingerbread dough for other delicious recipes: White Chocolate Kissed Gingerbread Cookies and Gingerbread Whoopie Pies with Lemon Crème

The Taste You Trust®

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Desserts That Dazzle

No holiday dinner will be complete without one of the luscious winners from our Holiday Desserts contest. But choosing just one won't be easy!

THE WINNERS ARE...

GRAND PRIZE—$500
Tonya Burkhard
DAVIS, ILLNOIS

1st PLACE—$300
Mary Shivers
ADA, OKLAHOMA

2nd PLACE—$150
Bridget Klusman
KALAMAZOO, MICHIGAN

3rd PLACE—$75
Carolyn Webster
WINSTON-SALEM, NORTH CAROLINA

ENTER OUR NEXT CONTEST

WIN $500!

Enter today at **tasteofhome.com/recipecontests**

THANKSGIVING LEFTOVERS

Nothing beats a table decked out with a mouthwatering Thanksgiving dinner—except, perhaps, for a fridge loaded with leftovers from the feast. That's why we chose Thanksgiving Leftovers for our next recipe contest. Whether you turn what's left of the stuffing into a standout breakfast or turn extra pie into a whole new dessert, we want to hear about it. If your recipe involves Turkey Day leftovers, enter it now!

You could win $500 for grand prize, $300 for 1st place, $150 for 2nd or $75 for 3rd. Eight runners-up will receive the latest *Contest Winning Annual Recipes* cookbook.

SEND US YOUR IDEAS FOR:

- **Sandwiches**—served hot or cold for lunch or dinner
- **Cozy casseroles and savory pies**—built around stuffing, green beans, turkey, squash, mashed potatoes or rolls
- **Soups, stews and chowders**—including those made with turkey, vegetables, potatoes or rice
- **Cranberries**—repurposed as an appetizer, spread, sauce or dessert
- **Hearty breakfasts**—find a new use for ham, turkey, stuffing, gravy
- **Surplus sides**—breathe new life into corn, salads and sweet potatoes
- **Made-over desserts**—transform pies, cakes and puddings into a brand-new treat

Entry deadline is March 14, 2011

Winners of the Thanksgiving Leftovers contest will be announced in the November 2011 issue.

~ HOLIDAY DESSERTS CONTEST ~

MEET OUR *Grand Prize Winner*

Tonya Burkhard was out to impress her future husband's parents when she created Best Maple-Cranberry Cheesecake. It worked. Her in-laws loved it—and so did our judges. Her recipe was the Grand Prize winner in our Holiday Desserts contest.

"My husband, Richard, has always been fond of cranberries, and I thought maple would be the perfect complement," says Tonya, of Davis, Illinois.

Several years and two children later, Tonya still makes the memorable dessert. "It has become a perfect addition to the holidays," she says. "Celebrating through holiday foods is one of the best ways to create family traditions, linking generations in a special way."

Tradition is important to the Burkhards. Her family of four always eats dinner together, unless Richard is traveling for his job as regional sales director for a radiology IT company. "Even then, the children and I sit down and eat together," adds Tonya.

She home-schools Alex, 15; Mary Ann, 11, is in middle school. They enjoy spending time together in the kitchen. "Alex is my taste-tester and chef-in-training," says Tonya, "and Mary is my sous-chef and creates many unusual dishes."

BEST MAPLE-CRANBERRY CHEESECAKE

Tonya has fond childhood memories of being at her grandmother's side in the kitchen. She recalls the house filled with the aroma of Christmas goodies in the oven. "Holiday baking was never something you had to do," she says. "It was something that was so much fun, you couldn't wait to start."

LAST CALL FOR FREEZER PLEASERS!

Entry deadline for our Freezer Pleasers recipe contest is fast approaching. Send us your favorite freezer-friendly recipes by January 14 for a chance to win.

best maple-cranberry cheesecake

GRAND PRIZE

Tonya Burkhard • RIDOTT, ILLINOIS

"This maple cheesecake recipe might look intimidating, but it's not. If you make only one holiday dessert, this is the five-star treat to showcase."

fudgy peppermint stick torte

1ST PLACE

Mary Shivers • ADA, OKLAHOMA

"I created this recipe based on a chocolate cake a friend made for me years ago. It's a favorite around Christmas and makes a spectacular presentation."

festive napoleons with thyme cream

2ND PLACE

Bridget Klusman • KALAMAZOO, MICHIGAN

"With the assembly required, we save these treats for special occasions, and they're absolutely worth it. Thyme adds a surprising twist that works well with the honey and fruit."

peppermint cream pound cake

3RD PLACE

Carolyn Webster • WINSTON-SALEM, NORTH CAROLINA

"I was looking for a new twist on pound cake and came up with this recipe. I really like the look and flavor of peppermint, especially around Christmas."

FUDGY PEPPERMINT STICK TORTE

PREP: 25 MIN. BAKE: 20 MIN. + CHILLING
YIELD: 16 SERVINGS

- 1-1/2 cups butter, softened
- 3-1/4 cups packed brown sugar
- 4 eggs
- 2 tsp. vanilla extract
- 4 cups all-purpose flour
- 1-1/4 cups baking cocoa
- 2 tsp. baking powder
- 1 tsp. salt
- 1 tsp. baking soda
- 2-1/2 cups cold water

FILLING:

- 1-1/2 cups heavy whipping cream
- 1/2 cup confectioners' sugar, divided
- 1/4 tsp. peppermint extract
- 1 pkg. (8 oz.) cream cheese, softened
- 1 cup crushed peppermint candies, divided

In a large bowl, cream butter and brown sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in the vanilla. Combine the flour, cocoa, baking powder, salt and baking soda; add to the creamed mixture alternately with water, beating well after each addition.

Transfer to four greased and floured 9-in. round baking pans. Bake at 350° for 18-22 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely.

In a small bowl, beat the cream until it begins to thicken. Add 1/4 cup confectioners' sugar and extract; beat until soft peaks form. In another bowl, beat the cream cheese and remaining confectioners' sugar until smooth. Fold in whipped cream, then 3/4 cup crushed candies.

Place bottom cake layer on a serving plate; top with one-fourth of filling. Repeat layers three times. Refrigerate for at least 1 hour.

Just before serving, sprinkle remaining candies over the top.

BEST MAPLE-CRANBERRY CHEESECAKE

PREP: 30 MIN. BAKE: 1-1/4 HOURS + CHILLING
YIELD: 16 SERVINGS (2 CUPS COMPOTE)

- 2 cups graham cracker crumbs
- 1/3 cup butter, melted
- 3 Tbsp. sugar
- 1/2 tsp. ground cinnamon

FILLING:

- 1-1/2 cups maple syrup
- 3 pkg. (8 oz. each) cream cheese, softened
- 1/2 cup packed brown sugar
- 2/3 cup sour cream
- 3 Tbsp. all-purpose flour
- 2 tsp. vanilla extract
- 1/4 tsp. salt
- 4 eggs, lightly beaten

COMPOTE:

- 2 cups fresh or frozen cranberries, thawed
- 2/3 cup dried cranberries
- 1 cup maple syrup
- 1/2 cup packed brown sugar

Place a greased 9-in. springform pan on a double thickness of heavy-duty foil (about 18 in. square). Securely wrap foil around pan.

Combine the cracker crumbs, butter, sugar and cinnamon; press onto the bottom and 1-1/2 in. up the sides of prepared pan. Place pan on a baking sheet. Bake at 375° for 8-10 minutes or until set. Cool on a wire rack. Reduce heat to 325°.

Meanwhile, place maple syrup in a small saucepan. Bring to a boil; cook until syrup is reduced to about 1 cup. Cool to room temperature; set aside.

In a large bowl, beat cream cheese and brown sugar until smooth. Beat in the sour cream, flour, vanilla, salt and cooled syrup. Add eggs; beat on low speed just until combined. Pour into crust. Place springform pan in a large baking pan; add 1 in. of hot water to larger pan.

Bake at 325° for 1-1/4 to 1-1/2 hours or until center is just set and top appears dull. Remove springform pan from water bath. Cool on a wire rack for 10 minutes. Carefully run a knife around edge of pan to loosen; cool 1 hour longer. Refrigerate overnight. Remove sides of pan.

In a large saucepan, combine the cranberries, syrup and brown sugar. Cook over medium heat until the berries pop, about 10 minutes. Serve warm with the cheesecake.

PEPPERMINT CREAM POUND CAKE

PREP: 35 MIN. BAKE: 1 HOUR + COOLING
YIELD: 12 SERVINGS

- 1 cup unsalted butter, softened
- 1/2 cup butter-flavored shortening
- 2 cups sugar
- 6 eggs
- 1 tsp. vanilla extract
- 1/2 tsp. peppermint extract
- 3 cups all-purpose flour
- 1 tsp. baking powder
- 1 cup heavy whipping cream
- 1/2 cup finely crushed peppermint candies

GLAZE:

- 1-1/2 cups confectioners' sugar
- 1 tsp. unsalted butter, melted
- 1/4 tsp. vanilla extract
- 1/8 tsp. salt
- 4 to 5 Tbsp. heavy whipping cream
- Additional crushed peppermint candies

In a large bowl, cream the butter, shortening and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in extracts. Combine flour and baking powder; add to creamed mixture alternately with whipping cream. Fold in candies.

Transfer to a well-greased and floured 10-in. fluted tube pan. Bake at 325° for 1 to 1-1/4 hours or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack to cool completely.

In a small bowl, combine the confectioners' sugar, butter, vanilla and salt. Stir in enough cream to achieve a drizzling consistency. Drizzle over cake. Sprinkle with additional candies. Refrigerate leftovers.

FESTIVE NAPOLEONS WITH THYME CREAM

PREP: 50 MIN. BAKE: 10 MIN./BATCH + COOLING
YIELD: 10 SERVINGS

- 5 egg whites
- 1 cup turbinado (washed raw) sugar
- 1-1/4 tsp. vanilla extract
- 1/4 tsp. salt
- 1-1/4 cups all-purpose flour
- 2/3 cup butter, softened
- 2 Tbsp. plus 1-1/2 tsp. walnut or canola oil
- 1-2/3 cups chopped walnuts, toasted

CRANBERRY FILLING:

- 4 tangerines
- 1 pkg. (12 oz.) fresh or frozen cranberries
- 1/2 cup turbinado (washed raw) sugar

THYME CREAM:

- 1 carton (8 oz.) Mascarpone cheese
- 1 cup (8 oz.) plain yogurt
- 1/3 cup honey
- 1/2 tsp. minced fresh thyme
- Additional chopped toasted walnuts

In a small bowl, beat the egg whites, sugar, vanilla and salt until foamy. Gradually beat in flour. Beat in butter and oil. Fold in walnuts.

With a pencil, draw five 3-in. circles on a sheet of parchment paper. Place paper, pencil mark down, on a baking sheet. Spread a heaping tablespoonful of batter over each circle. Bake at 400° for 8-10 minutes or until edges begin to brown. Remove to wire racks to cool completely. Repeat with remaining batter, making 30 cookies.

Using a vegetable peeler, remove the peel from one tangerine. Peel and seed remaining tangerines and place in a food processor. Add the cranberries, sugar and tangerine peel. Cover and process until chopped. Transfer to a large saucepan. Cook over medium heat until thickened, about 10 minutes. Cool.

For thyme cream, beat the cheese, yogurt, honey and thyme until thickened. Place one cookie on a small plate. Spread with 1 Tbsp. cranberry filling and 1 Tbsp. thyme cream. Repeat layers twice. Repeat with remaining cookies, cranberry filling and thyme cream. Sprinkle with additional walnuts.

susan's favorite mocha cake

Susan Bazan • SEQUIM, WASHINGTON

"My family insists on this cake for Christmas dinner. They refer it to as 'the best cake in the world.' The flavors are simply wonderful."

caramel pumpkin tiramisu

Mary Filipiak • FORT WAYNE, INDIANA

"I'm not fond of traditional tiramisu, so I used pumpkin. I also substituted bourbon for the coffee, and it's absolutely fabulous. I always make extra sauce to drizzle over vanilla ice cream."

holiday ambrosia cake

Dotty Stodulski • NORTH PORT, FLORIDA

"I adapted this cake from an old recipe for a traditional fruit cake. I added pineapple, coconut and pineapple juice, which made it really moist and gave it a bit of a tropical taste."

pecan kringle sticks

Connie Vjestica • BROOKFIELD, ILLINOIS

"This kringle just melts in your mouth. My family loves its flakiness and that it's not too sweet. It's beautiful on a cookie platter, cut on an angle, along with other holiday sweets."

CARAMEL PUMPKIN TIRAMISU

PREP: 35 MIN. + CHILLING
YIELD: 9 SERVINGS

- 18 crisp ladyfinger cookies
- 1/4 cup maple syrup
- 2 Tbsp. bourbon
- 1 cup heavy whipping cream, divided
- 1/4 cup sugar
- 3/4 cup solid-pack pumpkin
- 1 tsp. ground cinnamon
- 1/2 tsp. ground ginger
- 1/4 tsp. salt
- 4 oz. cream cheese, softened
- 3 Tbsp. confectioners' sugar

SAUCE:

- 3/4 cup caramel ice cream topping
- 2 tsp. bourbon

Using a serrated knife, cut six ladyfingers in half widthwise. In a shallow bowl, combine maple syrup and bourbon. Dip six whole ladyfingers and six halves into mixture; arrange in a single layer in an 8-in. square dish.

In a small bowl, beat 1/2 cup cream until it begins to thicken. Gradually add the sugar; beat until soft peaks form. In a large bowl, combine the pumpkin, cinnamon, ginger and salt; fold in whipped cream. In another bowl, beat the cream cheese, confectioners' sugar and remaining cream until thickened.

Spread half of pumpkin mixture over ladyfingers in the dish. Dip the remaining ladyfingers; arrange over the top. Top with the remaining pumpkin mixture and the cream cheese mixture. Cover and refrigerate for 8 hours or overnight.

In a microwave, heat caramel sauce; stir in bourbon. Serve warm with tiramisu.

Editor's Note: This recipe was prepared with Alessi brand ladyfinger cookies.

SUSAN'S FAVORITE MOCHA CAKE

PREP: 30 MIN. BAKE: 25 MIN. + CHILLING
YIELD: 16 SERVINGS

- 1 pkg. (18-1/4 oz.) chocolate cake mix
- 1-3/4 cups sour cream
- 2 eggs
- 1/2 cup coffee liqueur
- 1/4 cup canola oil
- 2 cups (12 oz.) semisweet chocolate chips, divided
- 1 pkg. (10 to 12 oz.) white baking chips
- 1/3 cup butter, cubed
- 1 Tbsp. instant coffee granules
- 1 tsp. rum extract
- 1 envelope unflavored gelatin
- 1-1/2 cups heavy whipping cream, divided

WHIPPED CREAM:

- 2 cups heavy whipping cream
- 1/2 cup sugar
- 1 tsp. vanilla extract

In a large bowl, combine the cake mix, sour cream, eggs, liqueur and oil; beat on low speed for 30 seconds. Beat on medium for 2 minutes. Stir in 1 cup chocolate chips. Transfer to three greased and floured 9-in. round baking pans.

Bake at 350° for 24-28 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely.

In a microwave, melt the white baking chips, butter and remaining chocolate chips; stir until smooth. Stir in coffee granules and extract. Cool to room temperature.

In a small saucepan, sprinkle gelatin over 1/4 cup cream; let stand for 1 minute. Heat over low heat, stirring until gelatin is completely dissolved. Stir into chocolate mixture. In a large bowl, beat the remaining 1-1/4 cups cream until soft peaks form. Add to the cooled chocolate mixture; beat until stiff peaks form.

For whipped cream, in a small bowl, beat cream until it begins to thicken. Add sugar and vanilla; beat until stiff peaks form.

Place bottom cake layer on a serving plate; top with half of the chocolate mixture. Repeat layers. Top with the remaining cake layer. Frost top and sides of cake with whipped cream. Refrigerate for at least 2 hours before serving.

PECAN KRINGLE STICKS

PREP: 40 MIN. + CHILLING BAKE: 20 MIN./BATCH
YIELD: 4 KRINGLES (6 SERVINGS EACH)

- 2 cups all-purpose flour
- 1 cup cold butter
- 1 cup sour cream

FILLING:

- 1 egg white
- 1 tsp. vanilla extract
- 1/2 cup sugar
- 1 cup chopped pecans
- 1-1/4 cups confectioners' sugar
- 2 Tbsp. 2% milk

Place flour in a large bowl; cut in butter until crumbly. Stir in sour cream. Wrap in plastic wrap. Refrigerate for 1 to 1-1/2 hours or until easy to handle.

In a small bowl, beat egg white and vanilla on medium speed until soft peaks form. Gradually beat in sugar on high until stiff peaks form. Fold in pecans.

Divide dough into four portions. Roll one portion into a 12-in. x 6-in. rectangle; place on an ungreased baking sheet. Spread a fourth of the egg white mixture lengthwise down the center. Fold in sides of pastry to meet in the center. Repeat.

Bake at 375° for 18-22 minutes or until lightly browned. Combine confectioners' sugar and milk; drizzle over warm pastries.

HOLIDAY AMBROSIA CAKE

PREP: 40 MIN. BAKE: 50 MIN. + COOLING
YIELD: 12 SERVINGS

- 1/2 cup butter, softened
- 1 cup sugar
- 4 eggs
- 1 tsp. coconut extract
- 2-1/2 cups all-purpose flour
- 1 tsp. baking powder
- 1/2 tsp. salt
- 1/2 cup unsweetened pineapple juice
- 2-1/4 cups flaked coconut
- 1-1/2 cups chopped candied pineapple
- 1 cup chopped macadamia nuts
- 1 cup golden raisins
- 1/2 cup chopped dried mangoes
- 1/2 cup chopped green candied cherries
- 1/2 cup chopped red candied cherries

COCONUT GLAZE:

- 1 cup confectioners' sugar
- 2 Tbsp. coconut milk or milk
- 1/4 tsp. coconut extract
- 1/4 tsp. vanilla extract

In a large bowl, cream butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in extract. Combine the flour, baking powder and salt; add to the creamed mixture alternately with pineapple juice, beating well after each addition. Fold in the coconut, pineapple, macadamia nuts, raisins, mangoes and candied cherries.

Transfer to a greased and floured 10-in. fluted tube pan. Bake at 350° for 50-60 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack to cool completely.

In a small bowl, combine the confectioners' sugar, coconut milk and extracts. Drizzle over cake.

coconut cream yummy cake

Angela Renae Fox • GOBER, TEXAS

"When I was a kid, I found this recipe in one of my mother's cookbooks. I didn't make it until I was older, and now it's requested every Christmas. Sometimes I tint the coconut red and green."

sweet potato praline pie

Marie Rizzio • INTERLOCHEN, MICHIGAN

"I wanted to come up with a recipe similar to pumpkin pie, yet different. The macadamia nuts are a family favorite, and the praline topping is what makes it extra special."

delectable maple nut chocolates

Elizabeth King • DULUTH, MINNESOTA

"This recipe goes back about 40 years. My father loved anything maple, so my mother tweaked a brownie recipe to suit his tastes. She'd be so happy to know it is a runner up after all these years."

peachy gingerbread cake roll

Dawn DePew • BLACKLICK, OHIO

"My father loved gingerbread, so I combined two or three recipes to create this one for him. This luscious cake roll gets kudos every time I serve it."

SWEET POTATO PRALINE PIE

PREP: 30 MIN. BAKE: 50 MIN. + COOLING
YIELD: 8 SERVINGS

Pastry for single-crust pie (9 in.)
2 eggs
2 cups mashed sweet potatoes
1 can (12 oz.) evaporated milk
3/4 cup sugar
1 tsp. ground cinnamon
1 tsp. vanilla extract
1/2 tsp. ground ginger
1/2 tsp. ground nutmeg
1/4 tsp. salt

TOPPING:
3 Tbsp. brown sugar
3 Tbsp. light corn syrup
1 Tbsp. butter
1/2 tsp. vanilla extract
1 jar (3 oz.) macadamia nuts, coarsely chopped
1/2 cup heavy whipping cream, whipped

Line a 9-in. pie plate with pastry. Trim pastry to 1/2 in. beyond edge of plate; flute edges.

In a large bowl, combine the eggs, the sweet potatoes, milk, sugar, cinnamon, vanilla, ginger, nutmeg and salt. Pour into pastry. Bake at 425° for 15 minutes. Reduce heat to 350°; bake 25 minutes longer.

Meanwhile, in a small saucepan, bring the brown sugar, corn syrup and butter to a boil. Reduce heat; simmer, uncovered, for 2 minutes. Remove from the heat; stir in vanilla.

Sprinkle nuts over pie; drizzle with caramel. Place a foil-lined baking sheet on a rack below the pie to catch any spills. Bake the pie 10-15 minutes longer or until caramel starts to bubble. Cover edges with foil to prevent overbrowning if necessary. Cool on a wire rack.

Garnish pie with whipped cream. Refrigerate leftovers.

COCONUT CREAM YUMMY CAKE

PREP: 30 MIN. BAKE: 40 MIN. + CHILLING
YIELD: 15 SERVINGS

6 egg whites
3/4 cup butter, softened
1-1/3 cups sugar
1 cup coconut milk
1/2 cup 2% milk
2 tsp. vanilla extract
2-1/4 cups cake flour
2-1/2 tsp. baking powder
1 tsp. salt

SYRUP:
1 can (14 oz.) coconut milk
1 can (14 oz.) sweetened condensed milk

TOPPING:
1-1/2 cups heavy whipping cream
3 Tbsp. confectioners' sugar
1/4 tsp. vanilla extract
Flaked coconut

Place egg whites in a large bowl; let stand at room temperature for 30 minutes.

Meanwhile, in another large bowl, cream butter and sugar until light and fluffy. Combine the coconut milk, milk and vanilla. Combine the flour, baking powder and salt; add to creamed mixture alternately with milk mixture.

With clean beaters, beat egg whites on medium speed until soft peaks form. Gradually fold into batter. Spread into a greased 13-in. x 9-in. baking pan.

Bake at 350° for 40-45 minutes or until cake springs back when lightly touched. Place pan on a wire rack.

Poke holes in cake with a skewer, about 1/2 in. apart. Combine syrup ingredients; slowly pour over cake, allowing mixture to absorb into cake. Let stand for 30 minutes. Cover and refrigerate for 2 hours.

In a large bowl, beat cream until it begins to thicken. Add confectioners' sugar and vanilla; beat until soft peaks form. Spread over cake; sprinkle with coconut.

PEACHY GINGERBREAD CAKE ROLL

PREP: 25 MIN. BAKE: 15 MIN. + COOLING
YIELD: 12 SERVINGS

4 eggs
1/2 cup sugar
1/2 cup packed dark brown sugar
1/4 cup water
3 Tbsp. butter, melted
3 Tbsp. molasses
1 tsp. vanilla extract
1-1/3 cups all-purpose flour
2 tsp. pumpkin pie spice
1 tsp. ground cinnamon
1/2 tsp. baking powder
1/2 tsp. baking soda
1/4 tsp. salt
Confectioners' sugar

FILLING:
3 pkg. (two 8 oz., one 3 oz.) cream cheese, softened
1-1/4 cups peach preserves
1-1/4 tsp. ground ginger
1-1/4 tsp. ground cinnamon
1/4 tsp. ground nutmeg
Confectioners' sugar and sliced peaches, optional

Line a greased 15-in. x 10-in. x 1-in. baking pan with waxed paper; grease the paper and set aside.

In a large bowl, beat eggs for 3 minutes. Gradually add sugars, beating until mixture is thickened. Beat in the water, butter, molasses and vanilla. Combine the flour, pie spice, cinnamon, baking powder, baking soda and salt; fold into egg mixture. Spread batter into prepared pan.

Bake at 350° for 12-15 minutes or until cake springs back when lightly touched. Cool for 5 minutes. Invert onto a kitchen towel dusted with confectioners' sugar. Gently peel off waxed paper. Roll up cake in the towel jelly-roll style, starting with a short side. Cool completely on a wire rack.

For filling, in a small bowl, beat the cream cheese, preserves, ginger, cinnamon and nutmeg until smooth. Unroll cake; spread filling over cake to within 1/2 in. of edges. Roll up again. Place seam side down on a serving platter. Dust with confectioners' sugar and garnish with sliced peaches if desired.

DELECTABLE MAPLE NUT CHOCOLATES

PREP: 1 HOUR + CHILLING
YIELD: ABOUT 13 DOZEN

1 can (14 oz.) sweetened condensed milk
1/2 cup butter, cubed
7-1/2 cups confectioners' sugar
2 cups chopped walnuts
2 tsp. maple flavoring
1 tsp. vanilla extract
4 cups (24 oz.) semisweet chocolate chips
2 oz. bittersweet chocolate, chopped
2 tsp. shortening

In a small saucepan, combine milk and butter. Cook and stir over low heat until butter is melted. Place the confectioners' sugar in a large bowl; add milk mixture and beat until smooth. Stir in the walnuts, maple flavoring and vanilla. Roll into 3/4-in. balls; place on waxed paper-lined baking sheets. Refrigerate until firm, about 1 hour.

In a microwave, melt the chips, bittersweet chocolate and shortening; stir until smooth. Dip balls into chocolate; allow excess to drip off. Place on waxed paper; let stand until set. Store in an airtight container.

Editor's Note: Shape and freeze the balls of maple candy for up to 2 months if desired. Thaw candy before dipping into melted chocolate mixture.

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Blue Ribbon Stuffed Crust Blueberry Pie

Prep: 15 min | Cook: 40 min | Serves: 8

- 1 8 oz. package cream cheese
- 1 tsp. grated lime peel
- 1 tsp. lime juice
- ½ cup granulated sugar
- ½ tsp. almond extract
- 2 9-inch refrigerated pie crusts (at room temperature)
- ¼ cup sliced almonds
- 1 21-oz. can LUCKY LEAF® Premium Blueberry Pie Filling

Preheat oven to 425°F. Beat cream cheese, lime peel, lime juice, sugar and almond extract until creamy; set aside.

Unroll one pie crust and press into sides and bottom of a 9-inch pie pan. Sprinkle with sliced almonds and press lightly into crust. Top with 3/4 of cream cheese filling.

Unroll second crust; place on filling. Flute edges to form double crust; pierce with fork. Spread LUCKY LEAF Premium Blueberry Pie Filling on top; add remaining cheese filling and swirl with spoon.

Bake at 425°F for 15 minutes; reduce to 375°F and bake 25-30 minutes or until crust is golden. Cool and refrigerate before serving.

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Dig It!

Root vegetables get a makeover with these fine reader favorites

If the mention of root vegetables only brings to mind Mom telling you to eat your carrots, it's time to take a new look at these harvest-fresh staples.

"Many people don't realize how sweet and tender root vegetables can be when roasted in the oven," says Field Editor Julie Butler of Puyallup, Washington, who shares her recipe for the roasted vegetables (right).

Besides tasting wonderful when roasted, root vegetables are good many other ways—grilled, braised, mashed, and in soups, salads or stews. They're available throughout the winter when other veggies are hard to find—and they're inexpensive, too. So try 'em. With just one bite, you'll discover that root vegetables really do grow on you!

ROOT FOR WINTER VEGETABLES

root for winter vegetables

"This medley is an updated version of a recipe my mom grew up with. It's my favorite way to prepare veggies and is marvelous with a batch of hot rolls."

taste of home fieldeditor **Julie Butler**
PUYALLUP, WASHINGTON

PREP: 30 MIN. BAKE: 55 MIN.
YIELD: 13 SERVINGS (3/4 CUP EACH)

1 whole garlic bulb
3 Tbsp. olive oil, divided
1 lb. fresh beets
3 medium parsnips
2 small rutabagas
2 medium turnips
4 medium carrots
2 large red onions, cut into wedges
1 tsp. salt
15 whole peppercorns
3 bay leaves
1/2 cup white wine or vegetable broth
1/2 cup vegetable broth
2 Tbsp. butter

Remove papery outer skin from garlic (do not peel or separate cloves). Cut top off of garlic bulb. Brush with 1/2 tsp. oil. Wrap bulb in heavy-duty foil.

Peel the beets, parsnips, rutabagas, turnips and carrots; cut into 2-in. pieces. Place in a large bowl; add the onions, salt, peppercorns, bay leaves and remaining oil. Toss to coat.

Transfer to three greased 15-in. x 10-in. x 1-in. baking pans. Place garlic on one of the pans.

Bake at 400° for 35 minutes or until garlic is softened, stirring once. Remove garlic; set aside to cool. Drizzle wine and broth over vegetables. Bake 20-30 minutes longer or until vegetables are tender. Squeeze softened garlic over vegetables; dot with butter. Transfer to a serving platter.

Nutrition Facts: 3/4 cup equals 117 calories, 5 g fat (2 g saturated fat), 5 mg cholesterol, 279 mg sodium, 17 g carbohydrate, 4 g fiber, 2 g protein. **Diabetic Exchanges:** 1 starch, 1 fat.

CELERY ROOT AND PEAR SLAW

celery root and pear slaw

Juicy pears, tangy blue cheese and sweet raisins jazz up this crunchy coleslaw. "The delicious combination is wonderful served with pork roast or baked ham."

Roxanne Chan
ALBANY, CALIFORNIA

PREP: 40 MIN.
YIELD: 16 SERVINGS (3/4 CUP EACH)

1 medium celery root, peeled and julienned
3 cups shredded red cabbage
3 medium pears, thinly sliced
1/3 cup golden raisins
1/4 cup chopped red onion
1/4 cup minced fresh parsley
1/4 cup sliced almonds
3/4 cup sour cream
1/3 cup mayonnaise
4-1/2 tsp. poppy seeds
4-1/2 tsp. lemon juice
4-1/2 tsp. prepared horseradish
2 garlic cloves, minced
1-1/2 tsp. honey
3/4 tsp. grated lemon peel
3/4 tsp. pepper
1/2 cup crumbled blue cheese

In a large bowl, combine the first seven ingredients. Combine the sour cream, mayonnaise, poppy seeds, lemon juice, horseradish, garlic, honey, lemon peel and pepper; pour over slaw and toss to coat. Sprinkle with blue cheese.

Nutrition Facts: 3/4 cup equals 132 calories, 8 g fat (3 g saturated fat), 12 mg cholesterol, 126 mg sodium, 13 g carbohydrate, 2 g fiber, 3 g protein. **Diabetic Exchanges:** 1 starch, 1 fat.

maple horseradish beets

Even folks who say they don't like beets will think this simple treatment is a winner. An easy glaze gives them great taste...and a little zip.

Leslie Palmer
SWAMPSCOTT, MASSACHUSETTS

PREP: 50 MIN. COOK: 10 MIN.
YIELD: 6 SERVINGS

1-3/4 lbs. fresh beets
1 Tbsp. canola oil
2 Tbsp. butter
1/4 cup maple syrup
3 Tbsp. prepared horseradish
2 Tbsp. cider vinegar
1/4 tsp. salt
1/4 tsp. pepper

Peel beets and cut into wedges. Place in a 15-in. x 10-in. x 1-in. baking pan; drizzle with oil and toss to coat. Bake at 400° for 40-50 minutes or until tender.

In a small saucepan, melt butter. Stir in the syrup, horseradish, vinegar, salt and pepper. Bring to a boil. Carefully stir in beets; cook for 5-6 minutes or until liquid is slightly thickened, gently stirring occasionally.

Nutrition Facts: 3/4 cup equals 152 calories, 6 g fat (3 g saturated fat), 10 mg cholesterol, 252 mg sodium, 23 g carbohydrate, 3 g fiber, 2 g protein. **Diabetic Exchanges:** 2 vegetable, 1 fat, 1/2 starch.

MAPLE HORSERADISH BEETS

CREAMY VEGETABLE CHOWDER

creamy vegetable chowder

"This rich, comforting soup recipe can easily be doubled or tripled. You can lower the fat content by using turkey bacon, vegetable broth and skim milk. It's delicious either way."

Suzanna VandeBrake
PEYTON, COLORADO

PREP: 30 MIN. COOK: 1 HOUR
YIELD: 12 SERVINGS (3 QT.)

3/4 lb. sliced bacon, chopped
2 large onions
2 medium carrots
2 celery ribs
2 medium parsnips
2 small turnips
3/4 cup all-purpose flour
1/2 tsp. salt
1/2 tsp. cayenne pepper
2 cartons (32 oz. each) chicken broth
1 medium sweet potato, peeled and chopped
3 small red potatoes, chopped
2 bay leaves
1 Tbsp. Worcestershire sauce
1/4 tsp. hot pepper sauce
1 cup half-and-half cream
1/2 cup minced fresh parsley

In a Dutch oven, cook bacon over medium heat until crisp. Remove to paper towels; drain, reserving 3 Tbsp. drippings. Chop the onions, carrots, celery, parsnips and turnips; add to the pan. Cook and stir for 6-8 minutes or until fragrant.

Sprinkle vegetables with flour, salt and cayenne; stir until blended. Gradually add broth. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in the sweet potato, potatoes, bay leaves, Worcestershire sauce and pepper sauce.

Reduce heat; cover and simmer for 15-20 minutes or until potatoes are tender. Stir in cream and parsley; heat through. Discard bay leaves.

GINGERED CARROT CHUTNEY

gingered carrot chutney

"Tangy and bright, this tasty chutney can top cheese spread on crackers or be spooned on a dinner plate alongside any type of meat. A jar of it also makes a nice holiday gift."

taste of home fieldeditor **Deb Darr**
FALLS CITY, OREGON

PREP: 1 HOUR PROCESS: 10 MIN.
YIELD: 9 HALF-PINTS

4 lbs. carrots, sliced
2 medium oranges
1 medium lemon
2 Tbsp. mixed pickling spices
2-1/2 cups sugar
1-1/3 cups cider vinegar
1 cup flaked coconut
1 Tbsp. minced fresh gingerroot
1/2 tsp. hot pepper sauce

Place carrots in a Dutch oven and cover with water. Bring to a boil. Reduce heat; cover and cook for 20-25 minutes until very tender. Drain carrots; puree in a food processor.

Using a vegetable peeler, remove peel from oranges and half of the lemon; cut peel into long narrow strips. Remove remaining peel from lemon and the white pith from lemon and oranges; thinly slice fruit, discarding seeds.

Place pickling spices on a double thickness of cheesecloth; bring up corners of cloth and tie with string to form a bag. Place in a Dutch oven. Add the sugar, vinegar and citrus peels; bring to a boil.

Reduce heat; simmer, uncovered, for 5 minutes. Stir in carrots and sliced fruit. Return to a boil. Reduce heat; simmer, uncovered, for 30 minutes, stirring frequently. Discard spice bag. Stir in the coconut, ginger and pepper sauce.

Carefully ladle hot chutney into hot half-pint jars, leaving 1/2-in. headspace. Remove air bubbles; wipe rims and adjust lids. Process for 10 minutes in a boiling-water canner.

Editor's Note: *The processing time listed is for altitudes of 1,000 feet or less. For altitudes up to 3,000 feet, add 5 minutes; 6,000 feet, add 10 minutes; 8,000 feet, add 15 minutes; 10,000 feet, add 20 minutes.*

"WHAT DID THE CARROT SAY TO THE WHEAT? LETTUCE REST. I'M FEELING BEET."
—Shel Silverstein, author/composer

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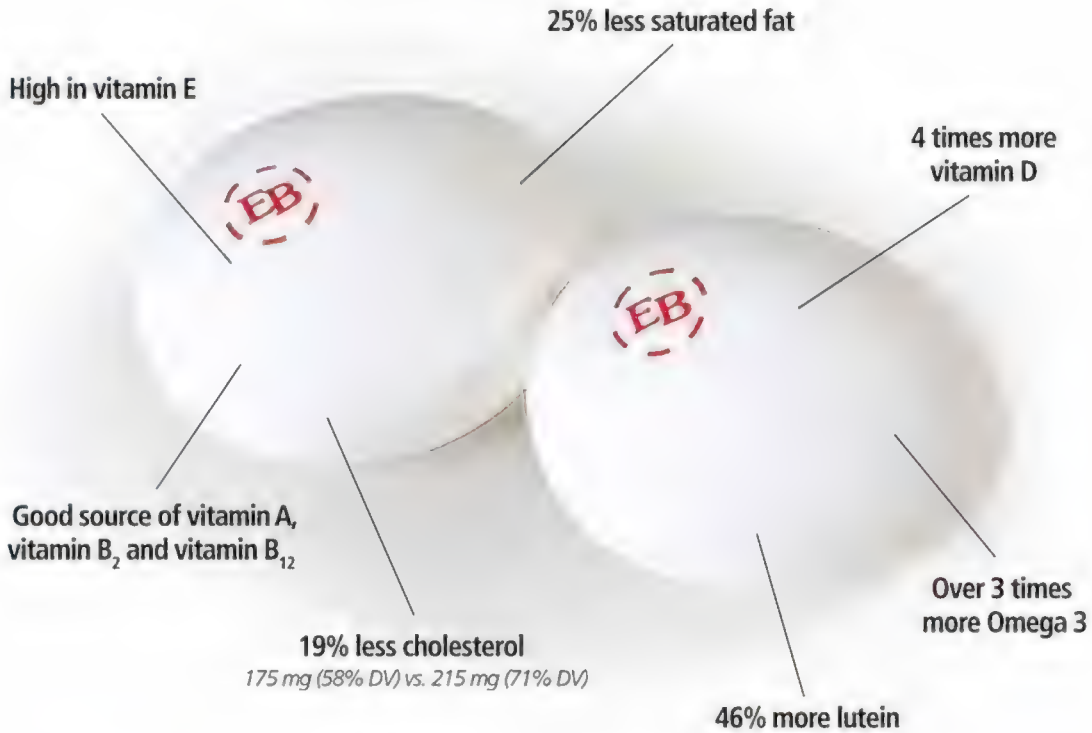
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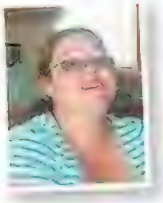
christmas around the world

POTECA CAKE

The cherished recipes prepared at Christmas often reflect a family's heritage. These reader favorites will take you on a global holiday, without leaving your kitchen

poteca cake

"Rock Springs is home to 56 nationalities, and this recipe showcases its Slavic heritage. It's one of my favorite ethnic holiday treats."



taste of home fieldeditor **Rachelle Stratton**
ROCK SPRINGS, WYOMING

PREP: 25 MIN. + CHILLING
BAKE: 1 HOUR + COOLING
YIELD: 12 SERVINGS

1 cup butter, cubed
1/2 cup 2% milk
3 egg yolks, beaten
2 pkg. (1/4 oz. each) active dry yeast
1/4 cup warm water (110° to 115°)
2-1/2 cups all-purpose flour
1 Tbsp. sugar
1/4 tsp. salt

FILLING:

2 cups ground walnuts
2 cups chopped dates
1/4 cup 2% milk
3 Tbsp. plus 1 cup sugar, divided
1/2 tsp. ground cinnamon
3 egg whites
Confectioners' sugar, optional

In a small saucepan, melt butter with the milk; cool. Stir in egg yolks until blended. In a small bowl, dissolve yeast in warm water.

In a large bowl, combine the flour, sugar and salt; add butter mixture and yeast mixture. Beat on medium speed for 3 minutes (dough will be sticky). Cover and refrigerate overnight.

In a small saucepan over medium heat, combine the nuts, dates, milk, 3 Tbsp. sugar and cinnamon. Cook and stir until mixture forms a paste. Transfer to a large bowl.

In a small bowl, beat egg whites until soft peaks form. Gradually beat in remaining sugar, 1 Tbsp. at a time, on high until stiff peaks form. Fold into nut mixture.

Cut dough in half; on a floured surface, roll one portion into a 20-in. square. Spread with half of the filling. Roll up tightly jelly-roll style. Place, seam side up, in a greased 10-in. tube pan. Repeat with second portion; place, seam side down, over the first roll-up in the pan (layers will bake as one loaf).

Bake at 350° for 60-70 minutes or until golden brown. Cool for 10 minutes before removing from pan to a wire rack to cool completely. Sprinkle with confectioners' sugar if desired.

KEEPING TRADITIONS ALIVE

taste of home fieldeditor By Brittany Ally
NASHVILLE, TENNESSEE

When my family gets together on Christmas Eve, we celebrate with foods from our Slovenian heritage. I grew up in St. Stephen, Minnesota, a small city founded by Slovenian families three generations before me. They brought with them their faith, traditions and delicious recipes, many of which my family continues to enjoy today, especially during the holidays.

Each Christmas Eve after Mass, we gather 'round the table to enjoy Slovenian sausage, a smoked pork sausage seasoned with garlic and other spices. The sausage is prepared by a St. Stephen's family that has been making it for as long as I can remember. It's just not Christmas Eve without it. We also have poteca. This popular dessert bread, often called a walnut roll, has many variations.

My mother, Nettie Trobec, learned the art of making poteca from several older women at her parish. I remember being part of the wonderful tradition and making it with her as a young girl. Mom would prepare the dough, let it rise and then roll it out very thin. My sisters and I would spread it with peanut butter and beaten egg, then sprinkle on cinnamon, sugar, raisins and chopped walnuts. We'd watch as Mom carefully rolled up the dough and cut it into loaves. The aroma of the poteca baking would fill the house as we waited in anticipation for the celebration to begin.

At the Christmas Eve service, my grandfather's eyes would well up with tears as I sang *Silent Night* in Slovenian. Back at home, his eyes lit up as Mom sliced the poteca into perfect spirals, which conjured up memories of his childhood.

It's traditions like these that tie me to my ancestors from Ljubljana, Slovenia, and make me want to keep them alive for the next generation.

Last Christmas, we celebrated in Tennessee, where I live now. My mom and dad brought the sausage, and Mom gave my sister, my niece and me another lesson in making poteca. In May, I recorded *Silent Night* in Slovenian to preserve and pass on to my nieces and nephew. Grandma and Grandpa are no longer with us, but I know they would be proud that we've helped keep the family traditions alive and well.

Brittany lives in Nashville with her husband, Buddy. She is a background vocalist for country music artist George Jones. While on tour, Brittany enjoys collecting recipes from different states and countries.

swedish raspberry almond bars

"When I was a single mom with a young daughter and little money, my Swedish neighbor brought me a batch of these cookies at Christmas. My daughter's 36 now, and I still make these wonderful cookies."

taste of home fieldeditor **Marina Castle**
NORTH HOLLYWOOD, CALIFORNIA

PREP: 35 MIN. BAKE: 20 MIN. + COOLING
YIELD: 2 DOZEN

- 3/4 cup butter, softened
- 3/4 cup confectioners' sugar
- 1-1/2 cups all-purpose flour
- 3/4 cup seedless raspberry jam
- 3 egg whites
- 6 Tbsp. sugar
- 1/2 cup flaked coconut
- 1 cup sliced almonds, divided
- Additional confectioners' sugar

In a large bowl, cream butter and confectioners' sugar until light and fluffy. Gradually add flour and mix well. Press onto the bottom of a greased 13-in. x 9-in. baking pan. Bake at 350° for 18-20 minutes or until lightly browned.

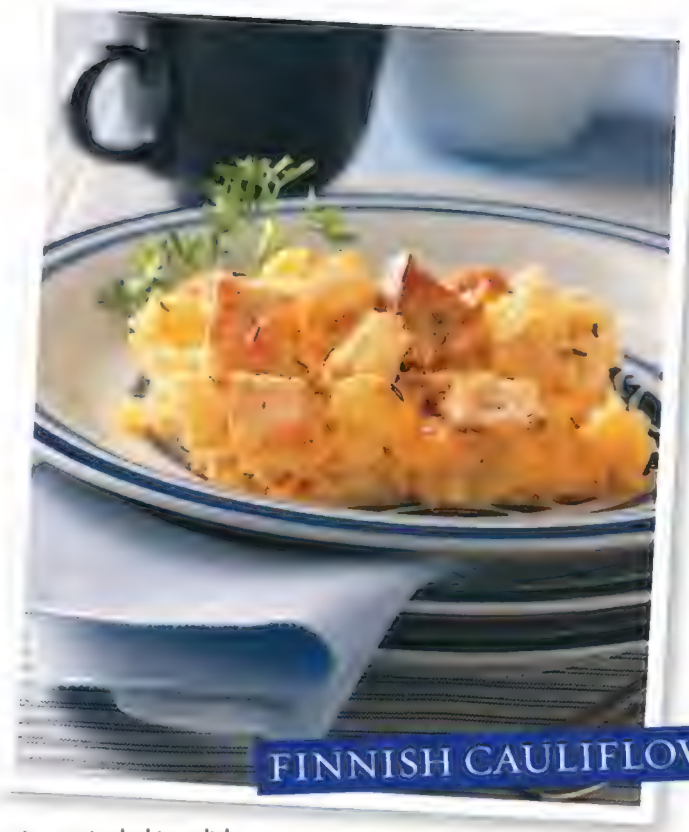
Spread jam over crust. In a large bowl, beat egg whites until soft peaks form. Gradually beat in sugar, 1 Tbsp. at a time, on high until stiff peaks form. Fold in coconut and 1/2 cup almonds. Spread over jam. Sprinkle with remaining almonds. Bake at 350° for 18-22 minutes or until golden brown.

finnish cauliflower

"After my Finnish grandmother passed away, I found a large index card in a box of her trinkets. I had the writing translated, and it turned out to be this festive casserole."

taste of home fieldeditor **Judy Batson**
TAMPA, FLORIDA

PREP: 20 MIN. BAKE: 30 MIN.
YIELD: 8 SERVINGS



- 2 cups cubed day-old rye bread
- 1 small head cauliflower, cut into florets
- 2 Tbsp. butter
- 1 tsp. caraway seeds
- 3 cups (12 oz.) shredded sharp cheddar cheese
- 4 eggs, beaten
- 1 cup flat beer or nonalcoholic beer
- 1 tsp. ground mustard
- 1/2 tsp. ground coriander
- 1/4 tsp. pepper

Place bread in a 15-in. x 10-in. x 1-in. baking pan; bake at 300° for 15-20 minutes or until crisp. In a large skillet, saute cauliflower in butter with the caraway seeds until tender. Remove from the heat; stir in bread and cheese. Transfer to a greased 11-in. x 7-in. baking dish.

In a small bowl, whisk the eggs, beer, mustard, coriander and pepper. Pour over bread mixture. Bake at 350° for 30-35 minutes or until a knife inserted near the center comes out clean.

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dutch meatballs (bitterballen)

"I host an annual Christmas party for some friends, and one year, I made a dish from each person's background. Talk about a hit!" These moist meatballs have a wonderful crispy coating.

Tracey Rosato
MARKHAM, ONTARIO

PREP: 30 MIN. + CHILLING
COOK: 5 MIN./BATCH
YIELD: 2-1/2 DOZEN

3 Tbsp. butter
3 Tbsp. all-purpose flour
1/2 cup beef broth
1 beef top sirloin steak (3/4 lb.), cut into 1/2-in. cubes
1/4 cup minced fresh parsley
1/4 tsp. salt
1/4 tsp. ground nutmeg
1/8 tsp. pepper
1-1/3 cups dry bread crumbs
2 eggs
1 tsp. milk
1 tsp. canola oil
Oil for deep-fat frying
Stone-ground mustard, optional

In a large saucepan, melt butter over medium heat. Stir in flour until smooth. Gradually add broth; bring to a boil. Cook and stir for 1 minute or until thickened. Carefully add meat and parsley; cook and stir for 2-5 minutes or until meat is no longer pink. Stir in the salt, nutmeg and pepper. Transfer to a bowl; refrigerate for 3-4 hours or until chilled.

Place bread crumbs in a small shallow bowl. In another bowl, whisk the eggs, milk and oil. Drop meat mixture by tablespoonfuls into bread crumbs; shape into balls. Dip meatballs in egg mixture, then coat again with crumbs. In an electric skillet or deep fryer, heat oil to 375°.

Fry meatballs, a few at a time, for 2-4 minutes or until golden brown on all sides. Drain on paper towels. Serve hot with mustard if desired.

french canadian tourtieres

"This recipe comes from my big sister. Each fall, we get together and make about 20 of these pies to use at Christmas, give as gifts or freeze for unexpected company."

Pat Menec
CARBERRY, MANITOBA

PREP: 45 MIN. BAKE: 40 MIN.
YIELD: 4 PIES (8 SERVINGS EACH)

4 celery ribs
4 medium carrots
2 large onions
2 garlic cloves, peeled
4 lbs. ground pork
2 lbs. ground veal
2 lbs. bulk pork sausage
1 can (14-1/2 oz.) chicken broth
1/2 cup minced fresh parsley
1 Tbsp. salt
1 tsp. pepper
1 tsp. dried basil
1 tsp. dried rosemary, crushed
1 tsp. cayenne pepper
1 tsp. ground mace
1 tsp. ground cloves
1 cup dry bread crumbs
Pastry for four double-crust pies (9 in.)

Coarsely chop the celery, carrots and onions; place in a food processor with garlic. Cover and process until finely chopped; set aside.

In a stockpot or two Dutch ovens, cook the vegetables, pork, veal and sausage until meat is no longer pink; drain. Stir in the broth, parsley and seasonings. Reduce heat; cover and cook on low for 20 minutes. Stir in bread crumbs.

Line four 9-in. pie plates with bottom crusts; trim pastry even with edges. Fill each with about 4 cups filling. Roll out remaining pastry to fit tops of pies; place over filling. Trim, seal and flute edges. Cut slits in pastry. Cover and freeze some of the pies for up to 3 months if desired.

Cover edges of remaining pies loosely with foil. Bake at 400° for 25 minutes. Reduce heat to 350°; remove foil and bake 15-20 minutes longer or until crusts are golden brown.

To bake frozen pies: Unwrap pies; cover edges loosely with foil. Bake at 400° for 25 minutes. Reduce heat to 350°, remove foil and bake 50-60 minutes longer or until crusts are golden brown.

DID YOU KNOW?
This popular Quebec dish took its name from the round pie pan, or *tourte*, in which it was baked.
FRENCH CANADIAN TOURTIERES

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CLOSE TO HOME

CELEBRATING THE PEOPLE AROUND THE *TASTE OF HOME* TABLE

PASS ON THE FRUITCAKE!

No one has more fun with this often-maligned dessert than this friendly church community By KALLEE TWINER Brandon, Mississippi; Illustration ALLI ARNOLD

taste of home fieldeditor

It seemed that every Christmas, my husband and I would hear jokes about how fruitcakes just get passed around from one person to the next and never actually get eaten. So, one year, we decided it would be fun to test this legend with our church community.

We purchased a fruitcake and, keeping it in the packaging, attached a sheet with a list of instructions that began, "Do Not Eat the Fruitcake!" We passed the cake to a family by visiting them at home. That family was asked to write their name and the date they received the fruitcake on the attached sheet. They then had to pass it on to another family within 3 days.

To get more people involved, we started circulating additional fruitcakes. So, a family could get more than one fruitcake delivered to them, as long as the attached sheet didn't already have their name on it. Passing the fruitcake at church was not allowed, since the point of all this was to encourage people to visit each other during the holiday season.

The fruitcake pass-around has become such a fun tradition. Some people have pretended that their car broke down as they were leaving church, and when a church member stopped to help them, they passed the fruitcake. Others have carried the cake to the grocery store, hoping to run into someone from church.

On the Sunday before Christmas, all the fruitcakes are put on a table in the church foyer with the lists, so everyone can see where the cakes have been. As far as I remember, all of the fruitcakes have been returned in one piece, uneaten. So maybe the old legend is true!

Send your kitchen-related story to **editors@tasteofhome.com**

Spicker
N, UTAH

SIGNED, SEALED AND DELIVERED

This mom is known for her thoughtful (and yummy) gifts from the kitchen

By LIBBY SPICKER NORTH OGDEN, UTAH

RECALL YOUR MOM'S BEST

Send us at least four recipes and background information on your mom to **editors@tasteofhome.com.** If we feature your mom, you'll earn $100

For as long as I can remember, my mom, Susanne Spicker (above), of North Ogden, Utah, has planned a gift to give to friends and neighbors at Christmas. Most often, it's homemade from the kitchen. She loves sharing her delicious rye bread, spiced tea mix, holiday cookies and more. Over the years, she has given the goodies to as many as 140 people.

Her gifts are beautifully wrapped in colored cellophane or decorative freezer bags, holiday boxes or tins. My mom does calligraphy (and has taught classes), so she likes to write a poem or saying to accompany each gift. One year, she gave pint jars of homemade salsa and a bag of chips with a tag that read, "You're 'nacho' ordinary neighbor!"

My brothers, sisters and I used to help Mom with the gifts and always did the delivering. We're all grown up now—my two sisters and older brother are married; my younger brother and I live at home—but we continue to keep the traditions we had as children, from our holiday gift-giving baking days to our Christmas Eve feast.

No matter if it is a holiday or a weeknight, Mom has made a point of serving well-balanced meals with lean meats and fresh fruits and vegetables. She also stresses the importance of cleanliness and order when preparing foods. "If you get it out, put it away," she says.

My mom taught piano lessons in our home until we were all in school. Then, she started substitute teaching, which she still does. She also does flower arrangements for a local dentist's office. As a result of her teaching skills (and patience), all of us kids are quite accomplished cooks—even my brothers. My parents have five grandchildren, and I'm sure they'll grow up to be good cooks, too.

Thanks to her, I have found that cooking and baking are wonderful ways to express myself. Keeping close as a family has been an added bonus. We joke that a family that bakes together, stays together. I know in our family, this is certainly true!

blue-ribbon rye bread

Susanne Spicker • NORTH OGDEN, UTAH

"My older sister and brother once had a little bread business, selling Mom's homemade loaves, including this rye that won best of show at our county fair," says Libby.

cream-filled chocolate-supreme muffins

Susanne Spicker • NORTH OGDEN, UTAH

"Because of her reputation for yummy things, Mom used to sell muffins at my dad's workplace. Among my favorites were these cupcake-like treats."

jumbo zucchini chip muffins

Susanne Spicker • NORTH OGDEN, UTAH

"There's a hint of cinnamon in these tender muffins. For a variation, omit the chips and nuts, and add 12 ounces of sweetened, flaked coconut."

grandma's oatmeal raisin cookies

Susanne Spicker • NORTH OGDEN, UTAH

"This is our family's very favorite cookie. I've never tasted any like it! They freeze well, too."

CREAM-FILLED CHOCOLATE-SUPREME MUFFINS

PREP: 30 MIN. BAKE: 25 MIN. + COOLING
YIELD: 1 DOZEN

- 3 cups all-purpose flour
- 2 cups sugar
- 1/2 cup baking cocoa
- 2 tsp. baking soda
- 1 tsp. salt
- 2 cups cold water
- 3/4 cup canola oil
- 1 egg
- 2 Tbsp. white vinegar
- 2 tsp. vanilla extract

FILLING:

- 4 oz. cream cheese, softened
- 1/4 cup sugar
- 1/8 tsp. salt
- 2 Tbsp. beaten egg
- 1/2 tsp. vanilla extract
- 3/4 cup milk chocolate chips
- Confectioners' sugar, optional

In a large bowl, combine the flour, sugar, cocoa, baking soda and salt. In another bowl, combine the water, oil, egg, vinegar and vanilla. Stir into dry ingredients just until moistened.

For filling, beat the cream cheese, sugar and salt until smooth. Beat in egg and vanilla. Fold in chips.

Fill 12 paper-lined jumbo muffin cups half full with batter. Drop heaping tablespoonfuls of cream cheese mixture into center of each; cover with remaining batter.

Bake at 350° for 25-30 minutes or until a toothpick inserted in muffin comes out clean. Cool for 5 minutes before removing from pans to wire racks to cool completely. Sprinkle with confectioners' sugar if desired.

BLUE-RIBBON RYE BREAD

PREP: 40 MIN. + RISING BAKE: 20 MIN. + COOLING
YIELD: 3 LOAVES (12 SLICES EACH)

- 1 pkg. (1/4 oz.) active dry yeast
- 1 Tbsp. sugar
- 2-1/4 cups warm water (110° to 115°)
- 1/4 cup packed brown sugar
- 1/4 cup shortening
- 1/4 cup molasses
- 1 Tbsp. caraway seeds
- 1 tsp. salt
- 1 cup rye flour
- 3-1/2 to 4 cups all-purpose flour

In a large bowl, dissolve yeast and sugar in warm water. Stir in the brown sugar, shortening, molasses, caraway seeds and salt. Add rye flour and 1-3/4 cups all-purpose flour; beat until smooth. Stir in enough remaining all-purpose flour to form a soft dough.

Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 1 hour.

Punch dough down; shape into three loaves. Place on greased baking sheets. Cover and let rise until doubled, about 1 hour.

Bake at 350° for 20-25 minutes or until golden brown. Remove from pans to wire racks to cool.

Nutrition Facts: 1 slice equals 81 calories, 2 g fat (trace saturated fat), 0 cholesterol, 67 mg sodium, 15 g carbohydrate, 1 g fiber, 2 g protein.
Diabetic Exchange: 1 starch.

GRANDMA'S OATMEAL RAISIN COOKIES

PREP: 25 MIN. BAKE: 10 MIN./BATCH
YIELD: 4 DOZEN

- 2 cups raisins, chopped
- 2 cups boiling water
- 3/4 cup butter-flavored shortening
- 1 cup sugar
- 3 eggs
- 2-1/2 cups all-purpose flour
- 2 cups old-fashioned oats
- 1-1/4 tsp. baking soda
- 1/2 tsp. salt
- 2 cups chopped walnuts

Place raisins in a small bowl. Cover with boiling water; let stand for 5 minutes. Drain and set aside.

In a large bowl, cream shortening and sugar until light and fluffy. Beat in eggs. Combine the flour, oats, baking soda and salt; gradually add to creamed mixture and mix well. Stir in walnuts and raisins.

Drop by rounded tablespoonfuls 2 in. apart onto greased baking sheets. Flatten with a glass. Bake at 325° for 8-10 minutes or until bottoms are browned. Remove to wire racks.

JUMBO ZUCCHINI CHIP MUFFINS

PREP: 30 MIN. BAKE: 30 MIN. + COOLING
YIELD: 1 DOZEN

- 3 cups all-purpose flour
- 1-1/2 cups sugar
- 3 tsp. ground cinnamon
- 2 tsp. baking powder
- 1 tsp. salt
- 1/2 tsp. baking soda
- 3 eggs, beaten
- 2/3 cup canola oil
- 3 tsp. vanilla extract
- 2 cups shredded zucchini
- 1 pkg. (11-1/2 oz.) milk chocolate chips
- 1 cup chopped walnuts

MASCARPONE FROSTING:

- 1/2 cup butter, softened
- 1 pkg. (3 oz.) cream cheese, softened
- 1/3 cup Mascarpone cheese
- 1/4 cup confectioners' sugar
- 1/2 tsp. vanilla extract
- 1/4 cup finely chopped walnuts

In a large bowl, combine the first six ingredients. In another bowl, combine the eggs, oil and vanilla. Stir into dry ingredients just until moistened. Fold in zucchini, chips and walnuts.

Fill paper-lined jumbo muffin cups three-fourths full. Bake at 350° for 30-35 minutes or until a toothpick inserted near the center comes out clean. Cool for 5 minutes before removing from pans to wire racks to cool completely.

In a large bowl, beat the butter, cream cheese and Mascarpone cheese until fluffy. Add confectioners' sugar and vanilla; beat until smooth. Pipe a dollop of frosting onto each muffin. Sprinkle with walnuts.

STRIP STEAK

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A FAMILY AFFAIR

Christmas may be a special time for families, but this mother and daughter-in-law spend special time together year-round, teaming up in the kitchen

Awynne Thurstenson (left)
SILOAM SPRINGS, ARKANSAS
Judie Thurstenson (right)
COLCORD, OKLAHOMA

taste of home fieldeditor

Even though Field Editors Awynne and Judie Thurstenson live in different states, they are only a few miles apart. They talked to *Taste of Home* about their kitchen collaborations:

Judie: Awynne and I have cooked together many times. She helped prepare the food for my daughter's graduation party and her wedding.

Awynne: We also collaborated on a summer luncheon, using old family recipes and a few of our own recent ones.

Judie: Usually, when we walk into each other's kitchen, the first words are, "OK, what do you need me to do?"

Awynne: That's so true. Every week, I fix a big Sunday lunch for family and friends (up to 40 people). If Judie beats me home from church, she picks up whatever needs doing. She's right at home in my kitchen. This year, Christmas dinner is at my house on Christmas Eve. Judie is helping me plan the menu and the evening. She is one of five daughters-in-law, and they all pitch in.

Judie and I phone each other frequently when one of us is doing a meal, a shower or an event...

Judie: ...to get ideas or second opinions. We always know that if one of us needs a helping hand, the other one is just a phone call away. We share a lot of recipes, too, like the appetizers (at right). They're perfect for holiday parties. Try them!

Awynne is a church administrator. She and husband Joe, a retired human resources manager, have five sons, 15 grandchildren and one great-grandson. Awynne enjoys working with polymer clay to create miniature food.

Judie is a stay-at-home mom. Her husband, Jeff, runs their screen printing and embroidery shop. They have three children and one grandson. Judie loves to read.

smoky pecan puffs

taste of home fieldeditor **Awynne Thurstenson** •

Guests will think you fussed when you set out a tray of these pretty puffs. For a more festive look, cut the pastry with a small star cutter.

party pitas

taste of home fieldeditor **Awynne Thurstenson** • SILOAM SPRINGS, ARKANSAS

These dainty mini sandwiches are easy to make with store-bought deli turkey. Greek vinaigrette and olives give them a Mediterranean flair.

inside-out veggie dip

taste of home fieldeditor **Judie Thurstenson** • COLCORD, OKLAHOMA

Cherry tomatoes and cucumber slices make these savory bite-size treats ideal for Christmas or New Year's parties.

brie-apple pastry bites

taste of home fieldeditor **Judie Thurstenson** • COLCORD, OKLAHOMA

Just pop one of these tasty morsels into your mouth for a tangy burst of flavor. If you prefer, make half with just apples and walnuts, and the rest with cranberries and almonds.

PARTY PITAS

PREP/TOTAL TIME: 25 MIN.
YIELD: 2 DOZEN

- 4 whole wheat pita pocket halves
- 1/3 cup Greek vinaigrette
- 1/2 lb. thinly sliced deli turkey
- 1 jar (7-1/2 oz.) roasted sweet red peppers, drained and patted dry
- 2 cups fresh baby spinach
- 24 pitted Greek olives
- 24 frilled toothpicks

Brush insides of pita pockets with vinaigrette; fill with turkey, peppers and spinach. Cut each pita pocket into six wedges.

Thread olives onto toothpicks; use to secure wedges.

SMOKY PECAN PUFFS

PREP: 30 MIN. BAKE: 10 MIN.
YIELD: 81 APPETIZERS

- 1 sheet frozen puff pastry, thawed
- 1 egg
- 1 Tbsp. water
- 1 Tbsp. poppy seeds
- 1 pkg. (8 oz.) cream cheese, softened
- 2 Tbsp. sherry
- 1/2 tsp. Liquid Smoke, optional
- 1/4 cup finely chopped pecans
- 1 Tbsp. finely chopped onion

Unfold puff pastry; cut into 1-in. squares. Place on parchment paper-lined baking sheets. Whisk egg and water; brush over squares. Sprinkle with poppy seeds. Bake at 400° for 8-10 minutes or until golden brown.

In a small bowl, combine the cream cheese, sherry and Liquid Smoke if desired; stir in pecans and onion.

Split each square horizontally; spread with 3/4 tsp. cream cheese mixture. Replace tops.

BRIE-APPLE PASTRY BITES

PREP: 30 MIN. BAKE: 15 MIN.
YIELD: 4 DOZEN

- 1 pkg. (17.3 oz.) frozen puff pastry, thawed
- 1 round (8 oz.) Brie cheese, cut into 1/2-in. cubes
- 1 medium apple, chopped
- 2/3 cup sliced almonds
- 1/2 cup chopped walnuts
- 1/4 cup dried cranberries
- Ground nutmeg

Unfold puff pastry; cut each sheet into 24 squares. Gently press squares onto the bottoms of 48 greased miniature muffin cups.

Combine the cheese, apple, nuts and cranberries; spoon into cups. Bake at 375° for 12-15 minutes or until the cheese is melted. Sprinkle with nutmeg.

INSIDE-OUT VEGGIE DIP

PREP: 35 MIN. + CHILLING
YIELD: 3-1/2 DOZEN

- 2 large cucumbers
- 16 cherry tomatoes
- 1 pkg. (8 oz.) cream cheese, softened
- 1/4 cup finely chopped sweet red pepper
- 2 Tbsp. finely chopped celery
- 2 Tbsp. finely chopped green onion
- 1 Tbsp. finely chopped carrot
- 1 tsp. garlic powder
- 1/2 tsp. salt
- 1/2 tsp. onion powder

Peel strips from cucumbers to create decorative edges if desired; cut into 1/2-in. slices. Finely chop two slices; set aside. With a small spoon, scoop some of the seeds from the remaining slices.

Cut a thin slice from the bottoms of tomatoes to allow them to rest flat. Cut a thin slice from tops of tomatoes; scoop out pulp, leaving a 1/4-in. shell. Invert onto paper towels to drain.

In a large bowl, combine the cream cheese, red pepper, celery, onion, carrot, seasonings and chopped cucumber.

Fill tomatoes and cucumber slices with cream cheese mixture, about 1 tsp. in each. Refrigerate for at least 1 hour.

Nutrition Facts: 1 appetizer equals 23 calories, 2 g fat (1 g saturated fat), 6 mg cholesterol, 45 mg sodium, 1 g carbohydrate, trace fiber, 1 g protein.

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SPECIAL SERVICE

Former Army chef fires up the stove to help those in need

First, he served his country in the U.S. Army. Now, he's serving his fellow citizens. For part of his 27 years in the service, Paul Morris of Kelso, Washington, was an Army chef. A lifelong food lover who relished his career, Paul now puts that kitchen experience to work every Monday night, helping prepare and serve meals at Union Gospel Mission in Portland, Oregon. In addition to his weekly shifts, Paul dishes up food on holidays. "One Thanksgiving, we served 1,600 meals in 2-1/2 hours," he recalls.

Paul began his mission about 8 years ago, when he knew he wanted to volunteer but wasn't sure where. "I decided I needed to help people, and I saw a billboard that said 'Hope begins with a meal,' and that did it," he says.

Union Gospel Mission feeds the homeless three times a day. The mission also boasts a successful in-house program called Life Change for people trying to quit drugs and alcohol. It's a military-style, Christian-based program with a 97 percent success rate.

Paul says giving to others through food has provided him many rewards. "One of the most important things I've gained is proof that God does provide for His people," he says. "I've experienced more satisfaction from helping others than from doing things for myself."

authentic cajun gumbo

"I learned to cook in Louisiana and love to cook Cajun food. This chicken and oyster gumbo is one of my favorites."

Paul Morris
KELSO, WASHINGTON

PREP: 1 HOUR + SIMMERING COOK: 45 MIN.
YIELD: 20 (1-1/4 CUP) SERVINGS

6 qt. water
1 chicken (5 lbs.), cut up
2 large onions, quartered
4 celery ribs, cut into 3-in. pieces
6 garlic cloves, coarsely chopped
2 Tbsp. salt
1 tsp. garlic powder
1/2 tsp. poultry seasoning
1/2 tsp. cayenne pepper
1/2 tsp. pepper
1/4 tsp. white pepper
1 cup canola oil
1-1/2 cups all-purpose flour
1 large onion, finely chopped
1 lb. fully cooked andouille sausage links, chopped
2 lbs. sliced okra
2 pints shucked oysters
3 Tbsp. gumbo file powder
Hot cooked rice

Place the first 11 ingredients in a stockpot; bring to a boil. Reduce heat; cover and simmer for 1-1/2 hours.

Remove chicken and allow to cool. Strain broth, discarding vegetables; skim fat. Remove meat from bones; cut chicken into bite-size pieces and set aside. Discard bones.

In the same pan, cook and stir oil and flour over medium heat until caramel-colored, about 14 minutes (do not burn). Add finely chopped onion; cook and stir 2 minutes longer. Gradually stir in broth. Bring to a boil.

Carefully stir in sausage and reserved chicken. Reduce heat; simmer, uncovered, for 10 minutes. Stir in okra and oysters. Simmer, uncovered, 10-15 minutes longer or just until okra is tender. Stir in file powder. Serve with rice.

Editor's Note: *Gumbo file powder, used to thicken and flavor Creole recipes, is available in spice shops. If you don't want to use gumbo file powder, combine 2 Tbsp. each cornstarch and cold water until smooth. Gradually stir into gumbo. Bring to a boil; cook and stir for 2 minutes or until thickened.*

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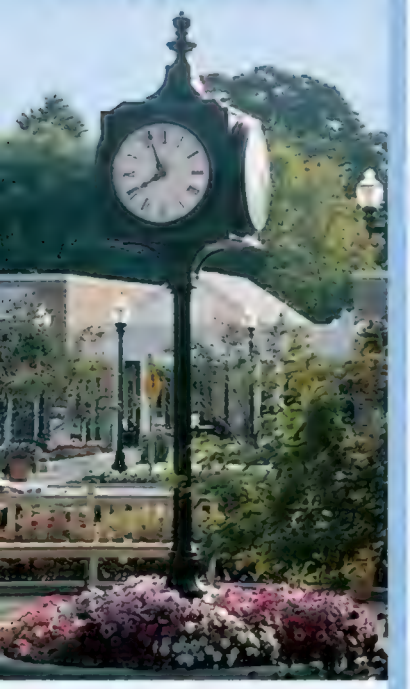

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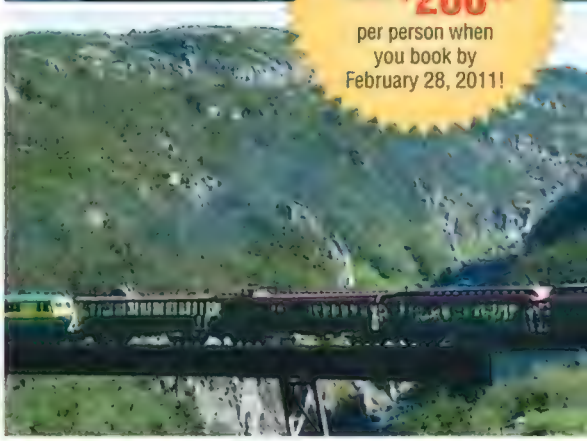

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DECEMBER/JANUARY 2011

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